I-RECOVERY KERNEL

Umlinganiso olusisiseko kwiimpembelelo ezahlukeneyo.

Ndingayifumana inkcazelo ngendlela yokulibuzwa.

Incwadi yomTyalo lokuPhucuka kwiNdlu yeemveliso.

Ukusebenzisa i-Recovery Kernel Framework.

Crystal Methamphetamine · GHB / GBL · Mephedrone (4-MMC) · Cathinones · MDMA · Cocaine · Slamming.

⚠ IMISEBENZI YOKUNCIPHISA UMTHINTEKO - AKUYONGCWALO LWEZOKUDOKTORA | Ngexesha lentlungu: shayela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 okanye uthethe ku-SADAG: 0800 567 567.

OMLINGISO OLUYA ZIXELELE IMIBALA EHLANGANISIWE YOKUXOKEKEKA KWEMITHI EHLANJULULAYO.

Yonke into ekhiqizwa ngumkhuba we-chemsex ifuna indlela yayo eyakudala yokululama, echazwe ngokuhlukile kwaye iqhutywe ngaxeshana. Le ncwadi igxile kuzo zonke ezi ndlela.

Ngephawu ngaphambi kokuba uqalise.

Ona le ngcebiso eyinkimbinkimbi kakhulu kwiSiriyeli ye-Recovery Kernel eikhokelayo ngeendlela ezahlukeneyo zokulungisa iingxaki ezihambelanayo neziyobisi. Le ngcebiso inkimbinkimbi akwanga ngenxa yokuba nayiphi na into enye kwiintlobo zeziyobisi ezisetyenziswa kwi-chemsex ibinzima ngakumbi kunokuba yinto eyodwa – ingcebiso malunga ne-meth, ingcebiso malunga ne-GHB, kunye nengcebiso malunga ne-cocaine ngazinye zibhekana nezihluzo zazo ngokupheleleyo. Kodwa i-chemsex ibonisa umgca wokulungiswa owahlukile kakhulu kunokuba yintlekele yeyobisi eyodwa kuphela.

I-chemsex ayi mikhiyo emithathu. Yinkxenye enye yomkhulu eboniswe ngeendlela ezintathu zokusebenzisa imithi ngaxeshana, ehlelwe ngokusekwe kwindawo ethile (umvuzo wezentsebenzo), ifakwe kumphando oluthile (ikakhulukazi kodwa ayi kuphela kwiimfundiso yabadlali, abathandi besini, nabantombazana abanye abanentshixo nomtshato), kwaye inemiphumo engcono kwezempilo ebangela ukudlulisa i-HIV, izifo ezithathelwanayo, kunye nenxenye yendlela yokusebenzisa eyayisetyenziswa kwiimithi.

Ikompendiyum igxabhasela ngokucacile iintlobo ezintathu zokuthanda izinto ezinomdla: Crystal Meth, GHB/GBL, neMephedrone. Iziyibonisa njengoko "ukuhlaselwa kwe-Denial of Service (DoS) kwiziko lokucinga lomsebenzisi." Igxabhasela iingcinga ezithile zombili zabantu abathile ezinokubenza bacele kakhulu. Kwaye ifumana ulwazi olunzulu, okungumbandela weprotocol 35S kunye neeprotocolo zayo ezincinci, ezenzelweko leli qela labantu.

Le ngcebiso ihlanganisa iindlela ezahlukeneyo zokubuyela kwempilo ebandakanywe kwiindawo ezininzi kule nqaku, kunye nezinye izinto ezibalulekileyo ekufuneka kuzikhankanywe ukuba umntu ubuyele kwimpilo emva kokusetyenziswa kwezinto eziphilayo: inkqubo yempilo yengcekelele, iinkcazelo zokwelapha nge-HIV kunye ne-STI, ingozi yokuxhaphazwa ngentliziyo nenkxaso yokuziphilisa, ubudade obungenanto esityeni, kunye nomgca wokuphuhlisa umntu ongasetyenzisi izinto eziphilayo kwaye angahlalanga yedwa.

Ukubuyela kwakhululekile kwi-chemsex akuyi ukubuyela kwakhululekile kwezinto ezintathu ezinye. Yinkqubo yokubuyela kwakhululekile komntu kunye nako konke – yobomi, yoluntu, yobupilisi, neyolwelo – kwiindlela ezininzi ezingenzi umntu azifumane ngokoqobo.

Funda iSahluko 0 ngaphambi kokuba uyenze nantlanga.

Isigaba 0 — Ukukhusela Okukhawulelweyo: Funda oku kuqala.

Iingxaki Zeezonyango Ngokwezi nto.

⚠ UKUDIBANISA KWEMITHI KWE-CHEMSEX KUYINGXAKI NGAPHEZU KOMLOMO WOPHANDO LUNYE NGENAYO IMITHI. I-GHB + I-METH = INGXELENGE EHLANGANISIWE YEZIPHUMA ZOKULIMPA NOKUPHUMEZA. I-GHB + UTYALO = UKUDIBANISA OKU "KUNCINGISEKILEYO" KWAYE KUNGABANGWA. UNGASEBENZISI I-GHB NENYE IMITHI EHLANGANISIWE NEZI ZINYANZELEKA.

Uhlobo lwentlalo.	Izimpawu nezibonakaliso.	Response
Ukudla okuninzi kwe-GHB (ingozi ebanjweyo kakhulu).	Ukungasoyini kulalutshwana okanye ubuhlungu, ukuphefumlela kancinyana okanye ukuyeka, imibala ebomvu emilomo okanye kumathambo, ukuphuma ngokusombulela ngelixa ungaboni, ukuba ne-seizure.	Fowunyanisa u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko. Akukho into enokulungisa okwenzekileyo. Vutha umntu kwiiphosisi zokuphumla. Hlala kunje de i-EMS ifike. Ungamshiyi yedwa. I-Naloxone ayisebenzi nge-GHB.
Inkqubo yezifo ye-cardiac.	Ukunyuka kwephasi, ukunyibilika kwentliziyo, ukungcola, intloko ekhulayo kakhulu, ubuhlungu bewandle esobukekayo, ubuhlungu kwintliziyo, ukwehla komhlomo, amandla ewomile.	Fowunela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko. Umlalelwe phantsi. Ungazimiseli. Oku kunokuba yintliziyo ephutshile okanye istroki. Yonke iminithi engenamatyala yokwelapha iyandisa umonakalo.
Ukuntetheka ngomthwalo.	Ukukholelwa kwiinto engabonakali (iinkxwaleko zokungqinelana), ukubona okanye ukuziva kwezinto ezingekho (iikhilushiyene), ukukhathazeka okanye ubuhlwebo, ukungalawuleki yindlela yelizwe.	Fowunela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ukuba kukho ingozi kumntu okanye kubantu abanye. Hlalani kwindawo ezithule, enobunzima obuncinane. Thetha ngentetho enzulu. Ungazange udlulele noko into ekwiingcinga ezingqiniswa. Uphononongo lwezokwelapha lubalulekile—ukuba neengcinga ezingqiniswayo kunokuhlala iintsuku okanye iiveki emva kokusetyenziswa kwesikopho.
I-mephedrone / i-cathinone overdose.	Ukunyuka kwephasi, ukunyanzela kakhulu, ukutshisa komzimba okukhulu, intlekele,	Fowunela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112. Yenza umntu azive (susa

	ukungathandabuzwa okunzulu, ubuhlungu bendlu.	ingubo eyongeileyo, yenze indlu ibe mncane). Ungamtsutsi ukuba kunokwenzeka. Uphononongo lwezonyango lubalulekile—iziganeko zepapili ezinokuphuma kwi-cathinone zazibhalwe.
Ubulalelo obangelweyo ngokuphathwa kwezinto ngeenyawo.	Ukuba kunobuhlungu obukhulu okanye ubufama obungavamile kwindawo yokuphakela, uthuthukisiweyo ngokusetyenziswa kwezinto ezinomswakazo (shaking chills), ubuhlungu besiphefu kunye nothuthukiso (enokuba yi-endocarditis), okanye inkathazalo yokuphefumula.	Fowunela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ukuba unetyhefu kunye nokuvuvuka, okanye utyhefu kunye netyhefu. Ezi zinto zingabonakalisa i-septicaemia okanye i-endocarditis—izifo ezingoqweni ezifuna amakhambi athintelayo aphantsi kwesikhumba. Ungazange "ulinde kwaye ubone" ngale miqulu.
Ukuhlaselwa ngokosini ngexesha le-chemsex.	Iindlela zokuxhasa ukuziphatha kwezempilo kunye nokukhusela. Ukusebenzisa iziphumo zeenyawo ezimbini: * Ukwenza umntu azimanyise ngokupheleleyo ngento ayenzayo. * Ukuqinisekisa ukuba umntu unako ukuzithandabaza kwaye enze izigqibo zikaKhe. Iindlela zokukhusela: * Yenza ubungakanani bomntu obuqinileyo. * Yenza ubuluntu bakho buqinileyo. * Yazi iimpembelelo zeenyawo ezimbini. * Ungayifumani into oyikhupheleyo. Ukuba ufuna uncedo, naxele umntu onethemba.	Unelungelo lokuba nenkcazelo yezempilo, i-PEP (ukuba ngaphakathi kweeyure ezisi-72), kunye nokuxhaswa, kwiimeko zombane. Umnxeba we-RAINN National Sexual Assault Hotline: 1-800-656-4673. Iiphondo zezempilo zinokunika uvavanyo olusebenzayo kunye ne-PEP ukuba ufuna.

Ukuphendula Ngokushesha Kwengxaki ye-HIV kunye ne-STI.

I-CENTURION – Ixesha leeyure ezisibini elenza ukuba izimpilo zisindwe.

Iphepha leencwadi, iprotocoli 42 ibalulela i-PEP njengoko kubizwa ngokuba 'isiCandelo Sokubuyisela Ngokushesha' – isikhathi esingabonakala kwaye esifanele ukusetyenziswa kwakhulu eentsuku ezintathu emva kokuba kunokuba kukho umba we-HIV. Ukuba uthinte abanye ngaphandle kwezinto zokuvala (condoms) ngexesha

leencwadi, kwaye kukho nayiphi na into enokuba yumbaba we-HIV – ungancedi ukulinda ukuze ufunde. Qala i-PEP ngoku.

Ukusetyenziswa.	Yenza ntoni.	Ixesha lemisebenzi kunye nokufikelela.
Ukukhusela emva kokufumana intliziyo.	Inkqununu yezinyanga yeemithi ezilalisayo izifo ezibangelwa yi-HIV (antiretroviral) enokuphakamisa ukuthintela i-HIV ekufakweni komdlavuza emzimbeni ngemuva kokuba umntu uqobe. Ukusebenza kwale mithi lunciphile ngokuhamba kwexesha kwaye luya ya kuba nzima kakhulu emva kweeyure ezisi-72.	Kufanele kuqalwe kwiintsuku ezintathu - kodwa ukuba kungaba ngokushesha, kunokuba nzulu. Ifumaneka kuyo yonke ileyidi yezempilo, ikliniki yezempilo yobomi, okanye isazi-ntlekelelo ye-HIV. Buze ngokucacile: 'Ndifuna i-PEP ngenxa yokukhululekiswa kwengxaki ye-HIV.'
PrEP (Ukukhusela ngaphambi kokutsalwa).	Ukuthanda iilekete zisetyenziswa rhoqo (iTruvada/Descovy) okanye intyilo esebenza ixesha elide (iApretude) enokucebisa ingozi yokudluliselwa kwe-HIV ngaphezulu kuka-99% xa isetyenziswa ngokuthembekileyo. Inkqubo ibiza oku "uMlondolozo oza kusetyenziswa phambi kokuba kwenziwe."	Qala ngaphambi kokuba kube yindlela yokusebenzisa izinto ezinokutshabalalisa umzimba (chemsex). Iyafumaneka kwiidokotela, kwiziko zempilo yengqondo, nakwiziko zezempilo ezibhekisweyo kwi-HIV. Ukuba awukho usebenzisa i-PrEP kwaye uyawenza le nto eyaziwa ngokuba yi-"chemsex", qala ukusebenzisa i-PrEP namhlanje, ngaphambi kweseshoni elilandelayo.
Ukuphononononga kunye nokwelapha kwezifo ezithathelwanayo (STIs).	I-gonorrhea, i-chlamydia, i-syphilis, i-herpes, i-HPV, kunye ne-hepatitis A ne B zonke zithathelwa kwiimeko ze-chemsex. Ezininzi azibonakalisi (azikhangele). Ukuhloliswa rhoqo ngamanye eendlela ezilungileyo zokwazi.	Kule bantu abathatha iintlobo zokuthanda ezibandakanya ukusetyenziswa kweenyawo, kufuneka bahlolwe okungenani kanye rhoqo emva kwenyanga entsi. Hloliswa kuyo yonke into yokuhlaziywa yempilo yengqondo, nokuba akukho zinto ezinomthetho. Ukuba kusithathelwe, hlaliselwa ngoko nangoko—ubukhona beengalo ezifunyanisiweyo buphakamisa ingozi enkulu kakhulu yokudluliselwa kwe-HIV.
U=U (Ukungabonakali = Ukungalutshwaliswa nga).	Umntu onobungozi be-HIV kunye nokuba umthamo wevi eyiwe (ngaphantsi kwee-200 zikopi/mL) akakwazi ukudlulisela i-HIV ngokuxhoba. Oku akuyona inkqubo yokunciphisa ingozi—yiyo	Ukuba wena okanye umntwana wakho nilahlekelwe yi-HIV: ilingiso elibalulekileyo ngoku kukuba ukuthobeke kumatyalwa kwaye na i-viral load iyakhululwe. I-viral load engabonakali yenza ukuba

	inyaniso yobomi echazwe kwiimfundo ze-PARTNER kunye ne-PARTNER2.	ukudluliselwa kwe-HIV kungabi nakho kwindlela yokuxhuma.

Naloxone – Yithwalele xa niyenza iintsapho ze-GHB.

INaloxone (Narcan) ayihlezeki kwi-overdose ye-GHB. Nangona kunjalo, ukuba kukho nezinye izinto eziqengantshintshiweyo (opioids) kwindawo yokuphuza izinto eziqengantshintshiweyo—eyakubalwa njengeyayingeni kakhulu ngoku njengoko i-fentanyl ifike kuzo zonke iintlobo zeenzinto eziqengantshintshiweyo—i-naloxone inokugcina impilo. Yithwale, nokuba kunjalo. Indawo yokuphuza izinto eziqengantshintshiweyo yindawo apho zininzi izinto eziqengantshintshiweyo ezisetyenziswa khona, kunye nezinye izinto umntu angangazi ukuba azithathe.

Fumaneka ngaphandle kokutyalwa kwiiphharesi ezininzi zaseMelika. Umnxeba oza kusetyenziswa ukuba ungasetyeni ngokwezona: 1-800-484-3731.

Isahluzo 1 — Yintoni Eyayenzileyo YiChemsex Emzimbeni Wakho, Embokweni NakwiSexuality Yakho.

I-CENTURION – I-Trinity ayikaze ibe imithi emithathu. Yayiyindlela yokwakha eyodwa.

I-“chemsex trinity” – i-crystal methamphetamine, i-GHB/GBL, kunye ne-mephedrone (ngamanye amanye amanqaku afana ne-cathinones, i-MDMA, i-cocaine, nakwezinye ezifaneleko kwiimeko ezithile) – ayikhethwa ngokungahlushwana. Ngokwahlukileyo, ngasinye isetyenziso sinomsebenzi uthe xhasa kwinkqubo ye-"chemsex", kwaye olu hlu luyayintlonyelwa ngokubalulekile ebunzima bezengqondo kunye neenerves, nokuba oku kungenziwa ngokucokisekileyo.

Ubume bomsebenzi beTrinity.

Into.	Inkcazelo eyekileyo yobungqina bomzimba ekuphimisweni kwezinto ezimanyisayo.	Yenza ntoni ngokuyintaba?	Nantoni na?
I-crystal methamphetamine.	Ukukhuluma okukhulu kwe-dopamine kunye ne-norepinephrine: ukukhuthaleka okukhulu, amandla, ubukakhethi, intliziyo ekhulayo. Le yinto esenza ngayo. Kwaye kunjalo, kunciphisa izinto ezibekayo kwaye kwenza ukuba uziveze ngendlela enzulu.	Iiyure ukuya kwiintsuku zokuzenza imiyalelo yexesha elide. Ukunqanywa okukhulu lokufuna umxholo. Umvuzo wokuba nomdla, ukuthanda, kunye nokungoneliseki. Imvakalelo yokuzethemba kunye nokuba mnandi. Ukuntulelwa kwezinto ezenziwe ngexesha lobomi obuqinileyo ezazibukeka zingekhange kwenzeke.	Ubunzima obubi kakhulu kwe-dopamine (ukwehla kwe-D2). Ukungabi nokuphumla okwanele. Umonakalo oyingozi ngamaxesha adlala kunye namaxesha aphezulu. Ubuhlungu bomoya. Ixesha elide kakhulu lokubuyela kwesimo esifanelekile – iinyanga ezili-12 ukuya kwezingu-24 ukuba isisiteme se-dopamine siphinde sibuyele esimweni esifanele ngokupheleleyo.
GHB / GBL	I-agonist ye-GABA-B: ukuntlontloniswa,	Ukukhululeka kokuziphakamisa	Ukutsalaliswa obunzima kakhulu kwezinto

	umthombo omtle, ukuphumla kwemihlaba, ukuphuculwa kwezinye izinto. Yinto ekulinganisa umswakama we-meth—i-GHB ilungisa umswakama wemithambo kwaye inciphise ukukhathazeka kunye nokubamba komhlomo okubangelwe kukudityaniswa kwemitha emikhulu.	ngokomzimba nangengqondo. Ukuncipha koxinzelelo olubangelweyo yi-meth. Ukuphumla kwamathambo okunika amandla imisebenzi yombane. Umvuzo wokufudumeza, ukuvuleka, kunye nokuba nolwimi. "Isicibilili" somthombo omiselandayo.	ezintathu—ingozi yokuphuma kwengqiqo kunye nokungathathi hlangothi ephantsi kweeyure ezimbalwa emva kokulahlekelwa itshotshi, ngokusetyenziswa kweedosi ezixhomekeke. Umonakalo we-bladder (umthambo womdaka) onokwenzeka ngee-GBL kwiindlela ezithile. Yinto enobungozi obukhulu lokuxhomekeka kwemihlaba phakathi kwezinto ezintathu.
Mephedrone / iikathionine.	Ukuthintela ukubuyiswa kwezinto ezintathu (idopamine, iserotonin, kunye ne-norepinephrine), kufana nokuba ngocokisi kodwa kunemiphumo emakhulu kakhulu yokukhuthaza imizintwana kunoko eyococeki, kwaye ixesha elifikelelweyo lomileko: umbhali wokuphucula imizalwane. Intambo eyamisayo.	Ubuluxholo obuqinile kunye nobuhlobo bendawo. Ukunyamekela okukhulu (ukuba uvakalise intlekele) ekwenza ukuba ubuhlobo bendawo buqhubeke. Ubushushu bomphakathi kunye nobukuvulekileyo bomzwelo. Umvuzo wokuzimisela nabalingani, nto leyo engabonakaliswa lula kwabanye abantu ngokuphumayo.	Ingozi yezifo zentliziyo (ukuntshabalala kwentliziyo kumaxesha amakhulu). Amandla okuthethelela inkqubo yesimo sengqondo. Ukuhlazwa kwe-serotonin efana ne-MDMA. Ukunyamekela ngokukhawuleza. Ukubuyisela ngokuphindaphindi kwaye ngokusetyenziswa kwakhulu ngenxa yexesha elifufunayo. Ingxaki enkulu emva kokusetyenziswa, ebandakanya ukuba nomdlandla kunye nokuziva okungathandekiyo.
MDMA (ukwengezwa rhoqo).	Ukukhuluma kwe-serotonin: ukukhululwa kwe-oxytocin, ubuhlobo bemvelo, imiphumo yobungane, ukuphucuka kokuziva ngokwesisu, intlekeleko. Kuvamise kudalekelwe kwinto eyi-"trinity" ngenxa yemiphumo yayo ethile yokuxhuma	Ubuluntu obuqinileyo kunye nobulela. Umvuzo wokuba ubonakaliswe kwaye udlangalale. Ukuncipha kwesithukuthezo esikhoyo ngokwasexeshweni. "I-love drug" kuluhlobo lwemibono yentliziyo neyemvelo engabonakalisiwa	Ubunzima be-serotonin ngenxa yokusetyenziswa rhoqo. Ukulahlekelwa kakhulu yi-MDMA ('amaqhwa eMngcwazini') yindleko ye-serotonin — ukuba neengxaki, ukukhathazeka, nokwahlukana nabantu. Ukubuyela kwendlela kufuna ukulungiswa kwephulo le-serotonin kunye nomsebenzi we-dopamine. Ixesha

	lemivuzo.	ngamaxesha amancinci.	elingunaphakathi elinzulu kakhulu ngexesha elifanayo emva kokusetyenziswa.

Ndingayazi ukuba yintoni eyenza umgca weChemsex ukuthi uhleli ngoko.

I-CENTURION – Izinto ebezisetyenziswa azizange zibe umgca omkhulu. Umhlalaphansi yeyona nto yayibalulekileyo.

Ukuyiqonda ukufindwa kwi-chemsex kufuna ukuqonda into ethile eyayibonelela ngayo – ayizinto eziyinxenye yalo mxube kuphela, kodwa yonke imeko eyayidalwayo. Leli ncwadlana libiza izinto ezahlukeneyo njengoko kubizwa ngokuba 'i-Chemsex Daemon' ekuthi "iyalibalelela amanyathelo okukhusela omsebenzisi." Kodwa le ndlela yokubhekisana, nangona iyafanelekile kwiinkqubo zokuqinisana nomthetho, ichaza indlela eyenzeka ngayo kodwa ayikhokele ngokwaneleyo kumandla into yayifunwayo.

Ndingayenza njini?

- Ukukhululeka kwezinto ezinokuchaphaza: kubantu abaninzi abanezinto ezifihliweyo malunga nobudade babo, okanye abanobunzulu obuqinile mayelana nokuba ngabantu abathandwa ngabafana, okanye abathi bahlala kwiindawo apho ubudade babo bubekwa njengento engalunganga, okanye abathi bahlala kwiindawo apho ubudade babo buphoswe njengezifo, kwaye abantu abathandwa ngabafana bahlukuzwa kwaye bathotywa—ukususa ezi zinto ezichaphazayo ngeenyawo yezinto zemithi akuyonto yokuzonwabisa. Yintando. Ukukhululeka ekudumeni okwathi kwenziwa yii-substances yayiyinyani, kwaye yayinika ukufikelela kumgca wobuntu obungabudade onokuba ngoko kungekho na le nto.
- Ukumamkela okunzulu kunye nokuzingelwa: kwindawo yokuphuza izinto ezinokutshisa (chemsex), ngexesha elithile, kukhona umntwana womphakathi onamandla—iindawo apho ubudade obuqhuba yonke into buqondaywe kwaye bunamkanje kunoko budlulekile. Ukuzingelwa bekuyinyani. Uxhobano bekunyani. Izinto ezisetyenziswa zandisa oku, kodwa into eyandisiwe yayiyinyani.
- Ubuninzi obukhulu bomvuzo wobomi kunye nomthetho: Imefedrone inyusa ukuba sisentakile kwaye i-MDMA inomdla wokuzimisela, nto leyo eyenza imiboniso yobuninzi bomvuzo wobomi kunye nomthetho obukhulu kangangoko ubunzima bendalo abuqala ukwenzeka. Kwabantu abaye baphila ubunzulu bokwahlukana ngokweemotions, umtshato onobungozi, okanye inkathazo ekubandakanyekeni—ubungakanani bomxholo obenziweyo ngumsebenzi womvuzo wobomi kunye nomthetho babubonakala njengendlela eyodwa kuphela yokufikelela kumaxesha entliziyo yomntu.
- Ukunamandla kunye nokusebenza: I-crystal meth inika amandla amnandi kwaye i-meth ilawula ukuba umntu azizimbi, nto leyo eyenza ukuba umntu

akwazi ukuzibelela ixesha elide, okanye imihla emininzi, nto leyo engabonakaliswa ngokwendalo. Kubantu abazizivele bengabafuni ngokuphumelela kwabo kwiyevhile ngaphandle kolo lwelo, loo mthamo oncedisayo waba sisidingo esikhulu kunokuba yinto encedisa nje.

- I-“k-hole” kunye nokwahlulelwa (nge-ketamine): kwiimeko apho i-ketamine yayongeziweyo, umgca wokwahlulelwa wanika ukufikelela kumazinga emilo yengqondo aselele ngokukhethekile ngenxa yobuhlobo bawo bomfanekiso, kunokuba ngaphandle kwengalo.

Emephu zonke azikhithi njengoko izinto ezibangela imiba yaya. Ukulazwa kufuneka luyilungele yonke le mephu—hayi ngokufumana ukuba yayingumbongo, kodwa ngokufumana iindlela zenzani, ezingasetyhenjisiweyo, zokufikelela kwiimiba ezifanayo.

Iqiniso malunga nokunyamekela abantu abathintekile ngamaxabaxaba.

I-CENTURION — Ukutsalaliswa Okuthathu Kuqhuma Ngokuxhomekileyo — Kunemigomo eyahlukeneyo yobunxulumo bomhlalaphansi.

⚠ ILUNGA ELIDANGE KAKHULU LOKUVAVANYWA KWEMIMBA YENDAWO YOBUNTU (CHEMSEX) NGENENE GHB/GBL. UKUBHEKEZA NGOKUQINILEKO KU-GHB/GBL—KAFE ZAMAZWE NGELIXESHA ELIDALA—UNGAYIHLALISE. FUMANA UNGCWALO LWOMDLAULI PHENYANI NGAPHANDLE KOKUNCIPHISWA. UKUVAVANYWA KWEMIMBA YEMETHU NAKUKUVAVANYWA KWEMIMBA YE-MEPHEDRONE, NAZI ZINOBUTHUPHETHE, AZIBANDAKANYWANGENENE NJENGENDLELA ESIHLANGANISWE NGAYO.

Into.	Ubuluntu obunzulu bomzimba.	Ixesha elideleyo lokufikelela kwiindawo ezikhethekileyo.	Izinto ezibalulekileyo ngokuphumiswa kweziyosi: * Ukulahlekelwa kwamanzi (dehydration) * Ubuthakathi * Ukuntsabala * Ukungathandi ukutya * Ukulala okunzima * Ukuba neengcinga ezimbi * Ukukhathazeka * Ukudangala * Ukunyanzela * Ukuba nesibindi

			*** Ukuphuma kwezifo ezinye (withdrawal symptoms)** *** Ukusetyenziswa kwe-Recovery Kernel** *** Naloxone** *** COMT** *** DRD2** *** MTHFR** *** Blueprint** *** findahelpline.com**
GHB / GBL	UBUNGOBUHENGU - Ingxaki yokuphuma kwengqiqo kunye nomdla wokuba nabugwenya. Ungayecishi ngendlela engenziwanga ukuba uyisebenzisa amanani angaphezulu kuka-3 ngosuku. Ukuhlaliswa kwezinyawo kufuneka kube ngumdokotela.	Iintsuku ezili-2 ukuya kweziyi-72 emva yesixa sikugqibeleleyo — ixesha elingobungo.	Iintsixo, ukungabi nako ukucinga ngokucokileyo, amatyhila, ukungqinelana kwemithambo yegazi kunye nomoya, umdaka omkhulu, ukuphazamiseka, ukukhala okuninzi. Kufuneka unyango olusebenzisa i-baclofen okanye i-benzodiazepine. Thumela kumhlathi we-GHB kule nkqubo ukuze ufumane inkqubo epheleleyo.
I-crystal methamphetamine.	EPHELELEYO – Ubuthungu obunzima kakhulu; ayinanto ingozi yezempilo ngokuqhelekileyo.	Imihla eyi-1 ukuya kweyini-14 yesigaba esomileke; iiveki ukuya kwimathuba yokuphazamiseka lokunandipha.	Ukuba nomdla omnene kunye nokulala okunyangeleyo (ukudumba), ukuba neengxaki ezinkulu zengqondo, ukungonelwanga kwaye ukonakazeka kokunandwa, iminqweno emikhulu, noxhalo. Ukudumba ngemethu emva kweseshoni yexesha elide yokusetyenziswa kwezinto ezinomdla kunye nezinto ezifumanisa (chemsex) yenye yeengxaki ezinkulu zokunyanzela kwiimonakalo zemithi.
Mephedrone / iikathionine.	Ukudangala okunzulu ngokweengqondo, kodwa akukhobungo obukhulu kwaye	Imihla eyi-1 ukuya kweyesi-5, ukuba ngumgca ophezulu; iiveki zokubaleka	Ukudangala, ukukhathazeka, ukuba nomdlandla, ukungoneliseki, inkqubo yengqondo

	kungabangela ingozi ngoko nangoko.	kwengqondo.	ephazamileyo, imfuno ekhulu, ukuguquguquka kwimimiselo. Ukuncitshiswa kwe-serotonin kubukakuhle— ukudangala kunokuba bubukhulu kwaye kufuna ukuhlaliswa.
MDMA (ukusetyenziswa ngokuqhelekileyo)	Ukuncitshiswa kwe-serotonin lubanga ukuba kubekho ingozi enkulu yentliziyo emva kokusetyenziswa.	Imihla engama-3 ukuya kwimi-7 yile nto ebanjwa kakhulu; iiveki okanye iinyanga zifuneka ukuba iserotonin iphucuke.	Ukudangala okunzulu, ukuba neengqinba, ukukhathazeka, ukungabi nakwento, ukwahlukana nabantu, kunye nokulahlekelwa kakhulu kwengqondo. Ukuba i-MDMA isetyenziswa rhoqo, umthamo we-serotonin uya kuba mdepha ngakumbi.

Indlela yezokwelapha: Qala ukunceda umntu ongalalanga ngenxa ye-GHB— oku kukho ingozi enkulu. Ukungalalanga ngenxa ye-meth kunye nokutshabalaliswa kwe-mephedrone kuza kanye, kodwa akuyingozi yokufa ngoko nangoko. Lawa mabango banconywe ukuba benze ngokuhambelana emva kokuba ingozi yezempilo ekhokelelwa yi-GHB ibanjwe.

Isigaba 2 — Uhlelo lwakho lwe-Genomic.

Iphepha leencwadi lithi zimbini ezithile zeengoqobo zokuziphatha ezingabonakaliswa ngokusetyenziswa kwezinto ezinomswakazo: i-COMT Val/Val (Warrior – echukumisa ukunqunyelwa okukhulu kwegeyisi ngokunyusa umngama we-dopamine) kunye neevariant ze-MTHFR (ezinciphisa ubunzulu bomjikelo wemifuno kwaye zithintele ukukhiqizwa kwezinto ezisetyenziswa kwimigomo). Uhla olugcweleyo lwegenomi lokubuyela kwimeko engcono ngokusetyenziswa kwezinto ezinomswakazo lusuka kumilethi yengcebiso malunga nezi zinto nganye, kodwa linokuphumela kwiingqinisiselo ezikhethekileyo malunga nokusetyenziswa kwezinto ezinomswakazo.

Igene.	Variant	Imiyalelo ezinxepheko zokusebenzisa imithi.	Iimpembelelo zokuphucuka.
COMT	Val/Val (rs4680) — Umpando we-Warrior.	Umthombo omkhulu wezinto eziphathekayo ezisetyenziswa kwi-chemsex, kunye nomgca wemibono oqulunqwe ngombonakaliso wejini. I-COMT esebenza ngokukhawuleza = iveliso encinci yedopamine kwimeko yendalo = ukuzimisela ekusebenziseni inkqubo enzulu, kubandakanywa intuthuzo entsha kunye neengozi. Umntu othi "Warrior" ufuna ubunzulu kuba ubunzulu ngumgca olukhoyo olunikezela ngophawu olufanelekileyo lwedopamine.	Ubuchule bokulungisa umva kufuneka buzinikezele ngobunzima obuqinileyo—umncintiswano, ingxabiso yomzimba, impumelelo yocembe, nobudlelwane obukhulu. Umntu owayeyinkulumbuso owaphuma kwi-chemsex engenakuvuselela ubunzima obufanayo, uya kuyibuya, hhayi ngenxa yokungabi nakwento elungileyo, kodwa ngenxa yemfuna yobomi.
MTHFR	C677T (rs1801133) kunye ne-A1298C (rs1801131).	I-compendium igxeka ngokukhethekile iintlobo ze-MTHFR njengokuba zandisa	Ukuthanda i-5-MTHF kunceda both umbuzo wokuqala kwempumulo kunye nomngeni wokukhiqiza ama-neurotransmitter ngaxeshana.

		ingozi yokudluliselwa kwe-HIV ngokuphazamiseka kwempumeko yomgca wemifuno—umgca womzimba. Ukwakhululeka kwaye kubangele ukuthintelwa kokukhiqizwa kwezinto ezithwala i-neurotransmitter, ezinye izinto ezibandakanyekile ekukhuseni kunye nomdla obuzisetyenziswa ngayo imisebenzi yobomi.	Oku akuyona into eyenziwe ngokungathathi hlangothi kubantu abanezinto ezahlukileyo ze-MTHFR ekuhleleni ukusetyenziswa kwezinto eziqala umdla—kunciphisa ingozi yezifo ezifumene nge-HIV kunye nomkhwa wemichiza eyenza ukuba umntu asetyenzise izinto eziqala umdla.
GABRA2	rs279858 / rs279845, uhlobo lwezinto ezinkulu olunzulu.	Kuyanceda ukumiselwa ubungakanani bomdla we-GHB kunye nomngcipheko wokutsalaliselwa. Abantu abanezinto eziphathekileyo ze-GABRA2 banobunzima obuncinane kakhulu kwi-GABAergic inhibitory tone—i-GHB inikeza ulindi olukhulu, kwaye abo bantu bayazi ngokuqinisekileyo ukuba le nto iyanceda ngendlela eyahlukileyo.	I-GABRA2 ephezulu yingozi: kufuneka ukuncipha kwebango le-GHB kancinci, iimpazamo ezinkulu ze-PAWS, ixesha elide ukuze ibalance yemithambo ye-GABA ibuyele kwimeko eyendulo. Kwaye ithatha indima ekubeni yingozi yezinto ezinokukhalaza ngexesha lokuncipha kwebango le-GHB—olwazi olubalulekileyo kubafundisi bezonyanga.
DRD2 / ANKK1	Taq1A A1 allele (rs1800497) — Sindisi yokuNothemba.	Ukuncitshiswa kwezikhulu ze-D2 = isignesha engaphumanga yodopamine ixesha elide = ukukhuthaleka okunzulu kwayo nayiphi na into enokunceda ekupheliseni le nto. Ukusetyenzwa	Umntu onesityando se-DRD2 i-A1 akufanele elindele ukuba ubomi obungenazinto enokuzonakalisa buwusetyenzelo ngaphandle kokwakhiwa ngokucwangcisiwe kwezinto ezininzi ezinomvuzo. Ukululama okusekwe kwinto eyodwa akunelona lukhulu. Ubume bendlela yokuphuma kwiintlungu kufuneka lube nemigangatho emininzi.

		kwezinto ezininzi kumaxesha oxube (chemsex) kunika ulondolo adityanisiweyo wodopamine, kwaye oku kunyusa ukunciphisa le nto ngendlela engcono kunayo nayiphi enye into.	
DAT1 / SLC6A3	10-ukubuyisela kwe-allele ye-VNTR (rs28363170).	Ukukhuliswa kwe-dopamine transporter = ukunyathela okukhawuleza kwe-dopamine = ukuncitshiswa kwebanga eliphakanyisiweyo le-dopamine = impendulo ezinzileyo kumgca wokutshintsha i-DAT ka-meth. Kunjalo, kunokuxhwilisana ngokubalulekile ne-ADHD—ukusetyenziswa kwe-meth njengomthombo wokuphucula i-ADHD yindlela eyaziwayo yokusebenzisa izinto ezinobutshoko.	Uvavanyo lwe-ADHD lubalulekile kakhulu ekuhlaziyweni komntu osulele ukusetyenziswa kweenyawo—inyango yaye ingaba sisixhobo esisetyenziswa ukuziphakamisa ngobukhengo obuqinisekileyo be-ADHD. Ukwelashwa kwe-ADHD engenzi kwi-stimulant luyalungiselela umbuzo ongaphandle kwaye lususe enye yezinto ezibangela ukusetyenziswa kweenyawo.
SLC6A4 / 5-HTTLPR	I-allele emfushane/emfushane—ukuncipha kokuveliswa kwe-serotonin transporter.	Ukunyanzela okukhulu kunokukhokelela kumngama omkhulu wokuziphakamisa, kwaye oku kungathintela ukuziphatha kwezentlalo ngokweengcebo. Abantu abanokuphakanyisw a kwenyanzela banokuba baphendule ngendlela enkulu kwi-SERT blockade	Ukulungisa i-serotonin kubalulekile kwaye kufana nokubuyisela umdibaniso we-dopamine kwabo bantu abane-genotype "short/short" ye-SLC6A4. Ukukhathazwa kunye nomtshato obuqala ngaphambi kokusetyenziswa kwezinto ezinokuba neengxaki (chemsex) zibaluleke kakhulu, kwaye azibangelweko yimiba emiselene, kodwa zimbubeko yenkqubo yobomi. Ngoko ke, kufuneka zixazululwe ngendlela eyomilelekileyo kunye neyokwelapha.

		(ukutshabalalisa) ye-mephedrone ne-MDMA (umvuzo wothando kunye nokwamkelwa). Umntu onobunzima obufana noku, ungafumana ukuba imiphumo yeseerotoni ye-mephedrone ne-MDMA yeyona nto eyenza ukuzifunyanisa kwabo kwanelisekayo.	
CYP2B6	*6/*6 umntu ongalunganga ukutshintsha iimpahla. (rs3745274)	Ukuguqukileyo kwe-GHB — abantu abangaguqukuchithi yo ngokuphumeleleyo i-CYP2B6 bagcina i-GHB kunye ne-norketamine kumazinga aphezulu kakhulu kwigazi. Kwincwadi, "Ingozi ye-Dissociative Logjam." Kwiimeko zokusebenzisa iziphumo zemichiza, abantu abangaguqukuchithi yo ngokuphumeleleyo i-CYP2B6 banokufumana ukuthanda kwe-GHB ngokukhawuleza kwaye kumaxesha amancane kunabanye.	Ulwazi olubalulekileyo kulithimba lezokudokotela elilawulayo ukutsalaliswa kwebango kunye nokunciphiswa kwesixa se-GHB. Abantu abangamatyali kangako ekusebenziseni i-CYP2B6 kufuneka bathathe amadosi amanzi aphantsi e-baclofen kwaye bahlolwe ngokuqhelekileyo ngenxa yokuhlanganiswa kwepilisi.
FAAH	C385A (rs324420) — umsebenzi omncane we-FAAH.	Igene yokuqala kwe-endocannabinoid metabolism. Ilungele ukusetyenziswa ukuba i-cannabis yayingxenye yephrogramu yokusebenzisa izinto ezinokubangela utywala (iqhelekile,	Abathengi be-FAAH A/A baneendlela enkulu yobomi obuqinileyo kwe-anandamide—umthamo omkhulu wokuxhoma nabanye kunye nokunyaniseka okubonelelwe ngayo nge-chemsex ngokwesiqhelo. Umsebenzi kunye noxhumano noluntu zivuselela le nkqubo. Indlela yokuphulukana kwayo eyayikhulu kule nto yindlela ye-

		ngakumbi ukunciphisa ingozi yezikhungo). Kufana ne-anandamide availability—iomolekyuli yemveliso yendalo ekuncediseni ubudlelwane kunye nothando.	endocannabinoid.

Isigaba 3 — Iprotocol Yokuhlazisa — Ehlelwe ngokwengxenye yobunzulu bomthamo omningi.

I-CENTURION — Izitho-mpikiselo ezintathu zonyango, umntu omnye, uphando olumisela.

Ukulungisa inkohlakalo yokuphuza izinto ezinokubangela ukuzonwabala akusebenzi ngendlela enye kuphela. Izinto ezintathu ezisemqondweni zifuna iindlela ezintathu zokusilungiswa, ngonxibelelwano oluqhubekayo, nganye nayo efanayo nezinye, kwaye ngamaxesha afana, imfuneko yezempilo, kunye nenkonzo eyongezelelweyo. Ezi ndlela azisikhangeleli—zisebenza ngokukhawulelwe, zihambelana.

Umgobo wokulungiselela: Qala ngokuphathelisa i-GHB okokuqala (ingxaki yezempilo), yenza isakhiwo sezempilo kunye neziyawayo zonke ezi zintathu, emva koko wandise kancinci isakhiwo sokulibazisana kunye nokubambisana.

Track 1: I-GHB/i-GBL — Ubunini Bomhlalaphansi.

Ukuba uyasela i-GHB/i-GBL izikhathi ezintathu okanye ngaphezulu ngosuku, oku kuyinto ebalulekileyo kakhulu yezempilo. Ungazami ukulawula ukunyamalala kwe-GHB ngokwako. Yonke inkqubo ye-GHB esifundiswa kuyo kwincwadi yale nqanaba isebalulekile. Izinto ezibalulekileyo:

- Ukunciphisa ithempi leBaclofen ngaphantsI kokulawulwa kwidokotela—ngumkhuseli olucwangcisiweyo kakhulu lokunyango lwenthuthuko ye-GABA-B.
- Ukuba i-baclofen ayitholakali, sebenzisa iprotocol yefeksi yezityalo ezinkulu (benzodiazepines) ngaphantsI kokulawulwa kwezinyawo zonyango.
- Ibhanti ye-GABRA2 ibalulekile ekumiseni ixesha lokunciphisa ithemithi — iibhanti ezingozi kakhulu zifuna ukunciphiswa kwexesha elide.
- Iphepha lezixhobo lokuqalisa ngeSuku loku-1: magnesium glycinate (400–600mg efakwe), P5P (25–50mg), 5-MTHF (400mcg), L-theanine (200–400mg ngokufuneka).
- Selank (ngendlela yokuphuma ngemifuba) ukulawula ingxaki yokukhathazeka ngexesha lokunciphisa ithempi - ayinanto eyenza wongeze into, kwaye ihambelana ngokuthe ngqo nokubuyela kwesakhiwo se-GABA-B.
- I-Epitalon yisixhobo esetyenziswa ukulungisa ubunjikelelo bomthima ngexesha lempama yokubuyela kwakhona.

Track 2: I-Crystal Methamphetamine – Ukulungisa i-Dopamine.

Ukukhutshwa kwemethu kunqunyelwe ngexesha elifanayo nokunakekelo lwemithi ye-GHB. Akukho ingozi yezempilo ekubeni kwiinkathazo zokunyanzela imethu, kodwa ukuba "ngokutshiza" kweemethu emva kweseshoni enkulu yemitho engaphelelana nemihla kunye kungesinye sezinto ezinzima kakhulu ngokweengqiqwano kulweliswa lwemithi. Lungiselela oku.

- Vumela ukuba intambo iphumele: Iprotocoli 01 (Isicaka), ulala, uphose, utyali olunoshukumo lwephrotheni xa unxiba.
- I-tyrosine (500–1000mg, kusasa, kude kube yintlanzi): iphondo le-dopamine —qalisa ngomhla wesithathu okanye wesihlanu xa uyadla ngokomile.
- NAC (600mg kabhede ezimbini ngosuku, kunetyhefu): ukulawula i-glutamate; ukunciphisa ulwimi.
- Uridine + DHA + CDP-Choline (i-stack yobuchopho): ukunyamelwa kwezinto ezinxiba kwi-D2 receptor — ukuphucuka kwakhona kobushushu bodopamine.
- Umsebenzi uqala ngexesha elifanelekileyo – i-BDNF yisixhobo sokulungisa umonakalo kwezivalo ze-dopamine ezibangelwe kukho ukusetyenziswa kwe-meth.
- Semax (ngendlela oyinyibilayo): Ukunyusa i-BDNF kunye nokubuyela kwengqiqo yempumulo. Umgca ongqubana weengcinga emva kwezinto ezithile ezenziwa ngemitha uyaphendulwa kukwayo.
- I-BPC-157: iphakamisa ngokuthezekile umthamo we-dopamine onakekelweyo ngamanye amanqaku emithombo.

Track 3: I-Mephedrone ne-Cathinones – Ukwakhelwa Kwakhona kwe-Serotonin.

Ukubuyela kwempilo emva kokusetyenziswa kwe-mephedrone kunye ne-cathinone kufana kakhulu nokubuyela kwempilo emva kokusetyenziswa kwe-cocaine (ukuphantsa okuguquleleko lwezinto ezintathu), kodwa kunomthetho omkhulu we-serotonin ofana ne-MDMA. Le ndima ye-serotonin ibalulekile kakhulu ekubuyeleni kwempilo emva kokusetyenziswa kwezinto ngexesha lokuxakeka, kuba yayikukuba kukudlala kwe-serotonin kwi-mephedrone okwazisa ubuhlobo bomzwelo kunye nokufutheka ekuxakekeni, kwenza ukuba kububonakale njengokubambisana.

- 5-HTP (50–100mg, kusasa): isiqinisekiso se-serotonin — isongezo esibalulekileyo kakhulu kwiintlungu zemizwa kunye nokuthethwa kwengcinga emva kokuvukiswa yi-mephedrone.
- 5-MTHF (400–1000 mcg, kusasa): inkxaso eyisisekelo yokunyamekela; oku kuyinto ebalulekileyo kwiivariyanti ze-MTHFR.
- Inositol (amagama angu-4–12g, afakwa nganye nexesha lokutya): ukulungiswa kobukhenketho bezipholoni; kungusetyenziso olukhulu

kwiingxaki zokukhala kunye nomdla onobuso lweempempe kwindlela yokubuyela ekuphileni emva kokusetyenziswa kwe-mephedrone.

- I-Omega-3 ephantsi kwe-EPA (2–4g ngosuku): ukuxhasa umoya kunye nokunciphisa ukuvuvuzelwa kwengqondo.
- Ukuba i-MDMA isetyenziswa rhoqo: ukunyibilika kwe-serotonin kunokuba bubungqinelwa—vumela imingxubho engama-6–8 ngaphambi kokulindela ukuphucuka kwentliziyo; i-5-HTP kunye nokumisa yizixhobo ezisemthethweni.

Ixesha elideleyo lokunciphisa ukusetyenziswa kwezinto ezinomthetho ngokuhambelana.

Ixesha elidlulileyo.	GHB / GBL track.	Umgangatho we-meth.	Ayidingekanga.
Iiyure 0-72.	NGXAKI YEMBUDLELA ESIHLE. Iprotocoli ye-Baclofen okanye i-benzo. Ukulaleliswa. Izikhuselo zokuqala kwiintsixo. Oku kuyeyona ndlela kuphela efanele kule nxaki—yonke eminye imigaqo ilindele.	Ukuhlazwa. Ukulala. Ukuba neenyawo ezinde. Ungazimiseli. Umzimba ufuna ukumisa. Yetyebe amanzi. Dlula nantlanga onayo.	Ukuba kunokuba neengxaki zengqondo, umdla kwiimpawu ezifana nokudangala kunye nomdindo. Ukumisa okungcono ngamanye amaxesha.
Imihla engama-3 ukuya kwimi-7.	Ingozi enkulu iyapheliswa ukuba kunikezwe unyango oluyamaxwebeni. Inkqubo ye-GABA isaphantsi kakhulu. Iselayithi, i-L-theanine, ne-Selank zisebenzela ukunciphisa ingxaki yentliziyo. Ungenzi ukunciphiswa kwe-benzo ngendlela esheshayo.	Ukudangala okunzulu kunye nokungathandeki. Oku kuyinxenye enzima kakhulu yokuthanda i-meth. Ipurothokholi 01. Xhumana nomcebisi. Qala ukusela i-tyrosine ne-NAC ukuba uyadla.	Ukuba kunobunzima obukhulu kakhulu, qala ukusetyenziswa kwe-5-HTP. Yinto esebenza njengomgxeki we-serotonin. Ukungabi nakwento emelisiseni (ukuziva ngathi akukho nto) yindlela inkqubo ibuyela kwimeko eyendle.
Iviwekendlovu 1–4	Ukunciphiselwa kwe-GHB iyaqhubeka ngaphantsI kokulawulwa kwedokotela. Ukwandiswa kwezinto ezongezelelwe. I-Selank	Anhedonia ekhoyo. Umzila uqala—uyimandla, akungongeze kube yinto eyahlukileyo. I-NAC ne-Brain Stack zisebenza. Imvakalelo	Ukuba ngcono kancinci kwimvakalelo. Ukutsalaliselwa kwezinto ezinkulu kunokuziva

	isetyenziswa rhoqo kwiintlekele. Ukulala kunyuke kancinane ngenxa ye-Epitalon. Ukunyamelana ne-GABA receptor kuqhubeka.	yokunxibelelana kwaye ufune ukusebenzisa i-meth iyakhula kwaye ibonakala njengemvakalelo ebalulekileyo.	njengento enzulu—ubudlelwane obuqinile be-serotonin buyaphela. I-5-HTP ne-inositol. Ukubuyela kancinci kumalungu omphakathi.
Iinyanga ezili-1 ukuya kwezintathu.	Ukunciphiselwa kweGHB kungathatha ixesha, kwaye kunokuba ngokuya kwaphela okanye ezigqibelweni. Inkqubo ye-GABA ibuyela emva ngokukhawuleza. Iintsizi ze-PAWS—iingxaki zengxinezo—zifuna ukuba usebenzise umoya we-4-7-8 kwaye uthuthuzwe ngeSelank.	I-receptor ye-D2 iphakamisa kwaye le nto ibonakala ngokucacileyo. Imizuzu emangalayo yothando iyabuyela. Ukucaca kwengqondo kubanga ngcono. Impendulo yesexwale iyabuyela—ingaba ingathusa ukuba ayinalo ulwazi lwezinto ezinokuchaphazela umzimba.	Inkqunywa ye-serotonin iyakubuyela kakhulu. Ukuba lula kwezinto eziphathekayo kuyabuyela ngendlela elinganisiweyo. Ubushushu bomzwelo obibekho nge-mephedrone uqala ukuvela—ngokungathathi hlekisa, ngamaxesha athile—kwiintlobo zokuxhumana ezinzulu.
Iinyanga ezili-3 ukuya kwezili-12.	I-GHB iphelile kwaye kunconywe ukunciphisa ngendlela efanelekileyo. Ukubuyela kwesimo esiqhelekileyo lwegama elithi "GABA" kuphuhlisiwe ngeemveliso zokuphumla nomzimba. Iingxaki ze-PAWS (Post-Acute Withdrawal Symptoms) zinyibilikile.	Inkqubo ye-dopamine isemgangathweni okanye esecaleni kwayo. Intliziyo yoxolo yokuphuma ngokwemvelo. Umgca othi "flatline" (ophantsi) ukhululekile. Ukuzimisela kwendlela yokudibanisa i-meth kunye nexesha lokusebenzisa ukukhanya.	I-serotonin ibuyile kumlingo walo oluqalayo. Ukwenza inkxaso nabantu abanye, ngaphandle kwesitya, kubekwa lula. Ubuhlobo obungumntu obubandakanywek o elingunika umvuzo ofanayo no-mephedrone bungafumaneka kwiintetho ezibonakalayo.

Isigaba 4 — Ukwakhelwa Kwakhona Kwezinto Eziphilayo — Isakhelo Esihlanganisiweyo.

Iphepha lezixhobo zokubuyela kwakhukhula lwe-chemsex idibanisa iindlela ezahlukeneyo ezivela kwiikhilawudi ze-GHB, meth, kunye ne-cocaine/mephedrone, kwaye yongeza izinto ezingabonakalisi ukusetyenziswa kwe-chemsex. Umgca omkhulu: ukubuyisela ngokuxhasa umsebenzi we-GABA-B (indlela ye-GHB), ukuvelisa i-dopamine kunye nomthamo we-D2 (indlela ye-meth), kunye nomthamo we-serotonin (indlela ye-mephedrone/MDMA) – ngelixa kuxutywe isiseko sokufakelwa okubalulekileyo ekubandakanyeni zonke ezi zinto ezintathu.

4.1 — ISiseko seMethylation — Okubalulekile kwaye kufuneka kuwo onke iindlela.

I-supplement.	Idosi.	Ixesha.	Ukuba kubalulekile ngokukhethekileyo kwiinkqubo zokulibazisana ne-chemsex kuba: * Kunciphisa ingozi yobungozi. * Kukhuthaza impilo engcono. * Kubandakanya ukunakekelwa kwengqondo kunye nomzimba. * Kunceda abantu ukuba bathabathe izigqibo ezifanelekileyo. * Kwandisa ulwazi malunga ne-chemsex.
5-MTHF (L-methylfolate)	400–1000 mcg ngosuku.	Ukusala kunokutya.	I-compendium igxeka ngokukhethekile iintlobo ze-MTHFR njengoko zonyusa ingozi yokudluliselwa kwe-HIV ngokuphazamiseka kwezigcebo. I-5-MTHF ibhekana nanto — isekayo ubunzulu bezigcebo ezingqongweni— kunye nokunika inkxaso yokuveliswa kwezinto ezithumela i-neurotransmitter, echule kuzo zonke izikhundla zonyango. Kwi-chemsex recovery, le yi-supplement ekubalulekileyo kakhulu ukulungisa kokubili umngeni wengcwangu we-HIV

			kunye namandla e-neurochemical.
Methylcobalamin (B12)	1000–2000mcg ngendlela eyimitha.	Mhla mhle.	Isebenzisana ngcono ne-5-MTHF. Ukulahlekelwa kwezixhobo ezininzi kwi-chemsex (i-dopamine, i-serotonin, i-GABA ngokulinganayo) kubeka ixholo elikhulu kwindlela zokukhiqiza ezidibeneyo ne-B12. Ifomthi yokuphuma ngaphantsi koluphaphu ukuze ifumane ukufakwa okungcono. Ixhobo kwi-myelin, ebalulekile ekulungiseleleni umonakalo wobuso lwengqondo obubangelwe yi-meth.
P5P (i-B6 esebenzayo).	25–50mg	Mhla mhle.	Umthombo wezinto ezisetyenziswa ekwenzeni i-GABA (kwi-GHB), idopamine (kwi-meth), kunye ne-serotonin (kwi-mephedrone) ngaxeshana. Iintsholongelo ezisebenzisa i-P5P zifuna kakhulu ngexesha lokubuyela kwindlela yokuphila ephilileyo kwiintsapho zonke. Akukho nto enokuguqulelwa kule nkqubo, kufuneka yenziwe kuzo zonke iindlela ezintathu.
I-magnesium glycinate.	400–600mg ye-element.	Ekuseni kunye nebusuku.	Iphelele eliphezulu lokusetyenziswa konyango oluphakathi kwezithathu zeendlela ngaxeshana: ukuxhasa inkqubo ye-GABA-B (indlela ye-GHB) kunye nokulungisa i-NMDA / ukunciphisa ingxaki. Kunjalo, kuxhasa umsebenzi weentliziyo—oluphawulekile ngobunzulu obuqinileyo bezimbovane yemepheron neyemeth. Qala ngeSuku loku-1.

4.2 — Iphepha le-Neurotransmitter elihlanganisiweyo.

I-supplement.	Idosi.	Ixesha.	Ithrekhi eyisiqhelo.	Notes
L-Tyrosine.	500–2000mg	AM, kude kweprotein.	I-meth ne-dopamine.	Qala usuku lwesithathu ukuya

				kwesihlanu xa udla ngokuqhelekileyo. I-dopamine precursor – ibhekana nomthetho omkhulu wezinto ezenzelwe ukusetyenziswa kwe-meth. Yeka ukutshisa i-protein ukuze ifakwe kakuhle.
NAC	600–1200mg, kabili ngosuku.	Ukutya kusasa kunye nokuntanga, kunefriji.	Yonke imigubhu.	Ukulinganisa kwe-glutamate olubalulekile kuzo zonke iindlela ezintathu. Qala ngomhla woku-1. Ubufakamo bokunciphisa ukunxibelelana kukhoyo kuzo zontathu iikategori zemitho. Kwaye, kunamandla okukhusela ileber.
Uridine + i-DHA + i-CDP-Choline (i-phakheji yengqondo).	250mg UMP + 1g DHA + 250mg CDP-choline	Mhla mhle kubo bonke.	I-meth ne-dopamine.	Ukunyuka kwezikhathi-ntathu ze-D1/D2—ukubuyela kwesimo sendalo yephahla le-dopamine elonakekileyo ngumethe. Oku kuyinxenye enkulu yendlela—ithatha iiveki okanye iinyanga, kodwa yinye indlela esebenzayo kakhulu yokubuyisela izikhathi-ntathu ebonakalisiwe.
5-HTP	50–100mg	Ngebuso, imizuzu engama-30 ngaphambi kokulala.	Mephedrone / MDMA / serotonin	I-prekursor ye-serotonin – ibhekisa ukulahlekelwa kwe-serotonin okubaluleke kakhulu (mephadrone + MDMA + yonke inkqubo). Ibubalulekile ekulungisweni kwimvakalelo

				nasekuhlaliseni. Ukubuya kokuzithandathu kunqala apha.
L-Theanine.	200–400mg	Njengoko kuyimfuneko, kwiintsuku ezimbini ukuya kwezintathu ngosuku.	GHB / ukukhathazwa	I-anxiyolithi ephantsa i-GABA kwaye eyenza utshintsho kwindlela esebenzisa i-NMDA. Ayityhalaliswa. Ibubaluleke ngakumbi kwiindawo ezinkulu zokukhathazeka kwiindlela ze-GHB. Yinto ekhethekileyo engaphandle kwezinto ezinomdla yokuxhasa i-GABA kwixa eliphambili.
Taurine.	1–2g ngosuku.	Ngeentyambo.	GHB / GABA	Inkxaso kwe-receptor ye-GABA; ukukhusela izinkqubo zengqondo; ukukhusela ileber—kuyakhuthazwa kubaxhoba abasebenzisa i-GBB, kuba ileber yabo iyanceda ekulaliseni umgca wokuqaleka. Qala emva kokuba upho lwe-GHB luqalisiwe, hhayi ngexesha lokunakekelwa kwezempilo.
Inositol.	4–12g (tshintsha umthamo ngokubuza ugqirha).	Ndiviswe ngeendluwo.	Mephedrone / i-serotonin	Ukunyamelwa kwezikhathi-ntambo ze-serotonin; ukunciphiselwa koxinzi; ubungakanani bombono wokuba kukho umgca omandla wefuno. Kubalulekile ngakumbi kwiinfundo zefuno yobudlelwane ezinxiba, ezivamise ukubonakala

				ngexesha lokubuyela kwempilo.
Omega-3 EPA + DHA	2–4g ngosuku.	Nokunceda, kusasa.	Yonke imigubhu.	Ekunyange ekulalisayo ukutshabalalisa kweengqimba zeenerves; intlawulo ye-BDNF; umoya (ine-EPA ebandakanyekile); inkxaso yeenqatha zokubuyisana kwamaxabiso (i-DHA). Ixhasa ukulungiswa kwimiba emithathu ngexesha elifanayo.
Inhlama ye-Lion's Mane.	500–1000mg	Mhla mhle.	Ukuxhasa/ ubuchule bendlela ingqondo esebenzayo.	NGF kunye ne-BDNF ukukhuthazwa. Kubhekana nokucutshungululwa ngqo kweemolekyuli zokuguquka kwengqondo (neuroplasticity) yi-meth. Ukulungiswa kokuqonda—ukufuma okubangelweyo yii-session ze-chemsex ezisetyenziswa nge-meth zimbini phakathi kwamanyathelo amakhulu emngcipheko kwezifo eengqongweni kulwelwesi lonyango.

4.3 — Iphepha le-Peptide.

Ipepthethi.	Inkqubo kwiindlela ezahlukeneyo zokusebenzisa	Ithrekhi eyisiqhelo.	Notes

	izinto ezinomdla.		
BPC-157	Ukunciphisa ukungalinganiswa kwe-dopamine ne-serotonin; ukulawula i-GABA-B; ukunyamekela ubunzima phakathi kobutyebi nomoya; ukunciphisa ukuvuvuzelwa; ukunyamela izicubu.	Yonke imikhakha — ukusetyenziswa kwezinto ezininzi.	Ipephtidi elingunaphakade kwiindlela zokulibazisana ne-chemsex—luyabhekana nomdopamine (meth), i-serotonin (mephedrone), i-GABA-B (GHB), kunye nokunyamekela ingqongqo (zonke ezi zinto zithintele umgca wengqongqo). Qala ngosuku loku-1 kwiiphuzu zeemva kokuhlaziywa. Ngomkhulu okanye ngaphantsi kwesikhumba.
Selank	I-anxiyolitiki esebenzisa i-GABA kunye ne-serotonin; iluncazula ingcinezelo ngaphandle kokudityaniswa; ifanelekile kwiingcinga zengcinezelo ezisusa yi-GHB kunye nengoceko yengcinezelo ebanjiweyo yi-mephedrone.	GHB kunye ne-mephedrone ezityalwe.	Ipephtide elifanelekileyo kakhulu ekulungiseleleni ingxaki yobuxoki, echukumisa botha ubuxoki obubangelwa kukucuthezelwa kwe-GABA (indlela ye-GHB) kunye notyholo olubangelweyo yi-serotonin (indlela ye-mephedrone/MDMA). Ayityhalaliseliyo. Kusetyenziswa ngendlela yokuphuma kwinto engcolileyo. Masixeshana ngosuku ngosuku kwiiphuzu zokuqalisa.
Imveliso yokuphucula ukusebenza kwegebhini.	Ukunyuka kwe-BDNF ne-NGF; ukulungiswa kwengqondo; ukulawula i-dopamine; ukuphucuka kwegeyisi eliphambili.	Ukusebenzisa imethotreki - ukuzimisela ingqondo.	Ukutshintsha kwengqondo obangelwa yiintsuku ezininzi zokusebenzisa imethambane kwiintsapho zokuzonwabisa kunzima kakhulu. I-Semax ibhekana nokuncitshiswa kwe-BDNF (Brain-Derived Neurotrophic Factor) elibangelweyo yimethambane, kwaye inceda ukubuyela kwengqondo yangaphambili ekunika amandla okwenza izigqibo ezicacile ngexesha lokulazwa. Yenzelwe ukusetyenziswa ngeenyawo. Qala ngeVeki 1.
Epitalon.	Umbhobogo womjikelo wenyanga; indlela yempumulo; ukunyusa umjikelo wamanja.	GHB - ukulala	Iphethini yokuthanda i-GHB ebusuku ibhubhisa isikhathi esifanelekile sokulala. I-Epitalon ixhasa indlela yomdla we-pineal njengoko ukunciphiselwa kwe-GHB kususa inkqubo

			yangaphandle yokukhuthaza ukulala. Emihlanu yokuqala ukuya kwemihlanu eyi-6.

Isahluzo 5 — Impilo Yengqondo kunye Nokulazwa.

I-CENTURION – Indawo Eyayikhutshwana Yintuthuko Ebanjiselwa Ngayo Ukubuyela Kwakhona, Kwaye Ayikho Kwindlela Yokubuyela Kwakhona Emva Kokusebenzisa Izinto Ezifunyanisiwe.

Yonke enye yale miqulu yeli candelo lezi ndalo zokuziphatha eziluncedo ezinengxenye encinci okanye engaphandle yezenzo zombane. Incwadi malunga nokusetyenziswa kwezinto kwiintsomi ayinakuba ngathi. Indlela yokuhambela yaye ibekwe kwindlela yokuphimiswa kwezinto, kwaye le ndlela yayisisekelo selo hlobo lwesimo. Ukulungisa umswakama olusetyenziswa kwezinto kwiintsomi akuphelelanga—ngokwobutyebi bomzimba, ngokwentliziyo, nakwezinye iintetho—ngaphandle kokubhekana ngqo nengxenye yezenzo zombane.

Le ngxenye ithathe ngokuthezekile kwisithuba esivela kwi-Protocol 35S ye-compendium (iiprothokholi ezikhethekileyo zale nqanaba) kunye nomxholo wokubuyela ekuziphatheni kwezentsebenzisi ekuphahleni okukho kwivenkile yeeVolume V.

5.1 — Uvavanyo Olupheleleyo Lwezempilo Yengqondo.

I-CENTURION — Izivhumanelo Ezingenandlela.

Phambi kwayo yonke into emsebenzini wokubuyela kwempilo yengqondo kwiinkohlakalo zombane, kufuneka kube nebhidi lomdla wemithi. Oku kuyohlolwe akukhethwa, kwaye kufanele kwenziwe ngaphakathi kweveki loku-1 yokubuyela kwempilo, hayi xa uziva ukuba ulungele.

- Ukuhloliswa kwe-HIV: Uhlobo lwesithathu lobuhlelo bokuhlola olusekwe kwi-antigen/antibody. Ukuba kukho nayiphi na into ekwenzile okanye ukubekezela kwangexesha, qala ne-PEP (Post-Exposure Prophylaxis) ngaphakathi kweeyure ezintathu. Ukuba i-HIV iphosayo: xelela umhlinzi onakekelo we-HIV ngokukhawuleza. Kuloo nto ukunakekela kufumaneka, kusebenza, kwaye kunceda ukuphila impilo epheleleyo neempilo yezibeleko. I-U=U (Ukuba unokunyamekela, ayilona ulwazi) yinyani.
- Uphando lwe-STI:
  * Gonorrhoea (ukungqongwa kwe-urethra, ukungqongwa kwe-rectal, ukungqongwa kwe-pharyngeal).
  * Chlamydia (ezingakhoyo).
  * Syphilis (ukuhlaziywa kwegesi).
  * Herpes (ukulungiswa kwegesi ukuba awuzange uhlaziwe ngaphambili).
  * Hepatitis C (ukuba kunokusetyenziswa kwezityalo ezifakwe kwiinyiphi, kubandakanywa "slamming").
  * Hepatitis B (ukulungiswa kwegesi kunye nesimo sakho sokugqobhozwa).
- Ukukhutshwa kwe-hepatitis B ukuba awuyi nakho ukuzikhulula: iindlela ezintathu zibonelela ngokukhuselwe kwexesha elide.

- Ukukhutshwa kwe-HPV, ukuba uyagunyazwa (kwiikhilawundi ezininzi, kude neenyawo ze-45): kunciphisa ngokubalulekile ingozi yobuhlungu obuqinisekiswe yi-HPV.
- Ukutshisa kwe-Mpox ukuba awuyi mnakekile kwaye uphantsi kwendawo enobungozi: utyali lwamaqhosha amabini le-Jynneos. I-Mpox idluliselwa kwiinkxaso zokuzityela apho kukwenzeka khona ukusetyenziswa kwezinto ezinomdla (chemsex).
- Ukuhlaziywa kwe-CBC (ukubalwa kwemithombo yegazi) kwi-agranulocytosis ebanjelwe ngumthunzo we-levamisole, ukuba umthunzo wamakhokotana ubilapho.
- Uphando lwezinto ezahlukene zombili ezingabonakalisi ukuba umntu uphila okanye utshata: imisebenzi yemfundo kunye neenyawo — olusebenzayo kubaxhoba abasebenzisa i-GBL (indlela yokuguqulela ye-hepatic) nakubona bantu baphumezela izinto ezifakelwe kwiintambo.
- Uphononongo lwegalelo leentliziyo: ECG ukuba kukho ukusetyenziswa okukhulu kwe-meth okanye ye-mephedrone. Ukulandelwa kwengcango yegazi.

Uhlelo lokuhlola impilo yengqondo lokuphumla: okungenani kanye rhoqo kwisithuba seminyaka emithathu yokuqala. Kufuneka uhloliswe rhoqo ngakumbi ukuba unexesha elikhulu lobudlelwane. Ukuhlolwa akuyona into yokuzonxiba—yindlela yokubonisa ukuba uthatha impilo yakho kunokwenzekayo.

5.2 — Isilingo Sentetho yezinto ezinokuchaphaza.

I-CENTURION — Le Ncwadi ibiza oku ngokuchanekileyo— 'Uphondo kulwazi'.

ULwazi oluphakanyisiweyo luvakalisa oku: "Kubantu abaninzi abukhuluzi, umvuzo wokuqala wobomi bokuziphatha ngendlela efanelekileyo akuyona into ebuyiselwa. Yinto entsha. Ngokunyuka okanye ukutshabalalisa okunjalo, wonke umvuzo omtsha wawugcinwe yinkqubo yakazwelayo. Inkqubo yezemithi ayifundanga ukubekezelela ubukho bomdibaniso ongcini—ukulahleka, ukungaqiniseki, nobukumkani bamava obuya ngokuphuma xa akukho nto enokukhusela umvuzo phakathi kwabantu ababini. Oku akunyanzelwa ngokwahlulelwa. Yinto engxaki yokufunda."

Kwiinkqubo zokubuyela kwempilo kwaye uphile ukusetyenziswa kwezinto ezinomdla (chemsex), le gap eninzi ngakumbi kunako nayiphi enye inkqubo yokubuyela kwimpilo. Izityalo azizange zifumaneke ngokungangqanga ngexesha lwesexi—bazazidingekileyo kwaye babalulekileyo ukuba kwenzeke isexi. Inkqubo yezemithi ayikaze ifunde iinkqubo zesexi engasetyenziswa ngezinto ezinomdla, kuba amaxesha okufunda le nkqubo ayengenanto.

Ngenxa yokuphucuka: ulwazi lokuqala lokuzimisela ngexesha elingaphandle kweziyokhaya emva kokusebenzisa iziyokhaya kwiintsomi, luyindawo entsha ngokupheleleyo. Akuyi ukubuyiselwa kwendlela yokuphila engaxhiliweyo phambi kokusetyenziswa kwezityalo. Kubantu abaninzi kulolu phucuko, akukho "ndlela

yokuphila engaxhiliweyo" ekufuneka ibuyiswe—indlela yokusebenzisa iziyokhaya kwiintsomi iqalile ngexesha lokukhula lwendlu yengqondo.

5.3 — I-Flatline

I-CENTURION – Ixesha elibonakala njengengxungu ngokungapheliyo kwaye ayilona.

Le bhukumisa lithi ngengxenye "flatline": 'Ekubuyeni kwempilo, abantu abambininzi badlala ukuba kunento eyayifunwa phambi koko. Akukho nto efanayo nomthombo wemvakalelo. Akukho nqondo. Akukho nto ebatsintsa ngendlela yobudlelwano bomntu." Kwinkqubo yokubuyela kwempilo emva kokusetyenziswa kwezinto ezinokutshisa, i-"flatline" ibonakala kubantu abambininzi— kuba inkqubo ye-dopamine ne-serotonin eyayigcwele ukwenza imiba yobuhlanya ibuyela kwimeko engcono, kwaye ingqondo ifake esweni izikhathi ezithile iindlela zokuvuselela ubuhlanya eziyayisetyenziswa ngokuphindaphindi.

Ubuchule obungabonakali.	Ndingayazi nto.	Ndingenza ntoni?
Ukungabi nazinto zokunandisa – ukuntibilikiswa okugqibeleleyo okanye ukungabhadali.	Iinkqubo ze-dopamine neze-serotonin zilahlekile; inkqubo yokubuyisa intyombo ifumana ukuba ilungiswa kwiisignali ezibanzi kunokuba zezona ezinamandla. Ingqondo iyakuvuselela ubukho bomswelo kwizinto ezendle, nto leyo eyayikhuliswe ngeminyaka yokuphuma kwezinto zemichiza.	Ungathi phindaphilele, ungazami, ungenzeki. Yisixesha, hhayi isigqibo. Nceda umhlaba —ukuhlala, ukuzivocavoca, ukutya okunempilo, ubudlelwano—umgca owomileyo apho ifuno ingakwazi khona ukubuyela. Umgca olinganayo uya kuguquka. Ixesha elilawulekileyo liyahluka: iinyanga ezili-1–ezi-3 kwi-meth ekuyi-yona; iinyanga ezili-3–ezi-6+ kwizinto ezinemiphumo eqhelekileyo ye-MDMA.
Ukunyamekela ubomi bendlu ngaphandle kokusetyenziswa kweziyosi kunokuba luyinto engathandekiyo, engenamsebenzi, okanye eyinkimbinkimbi.	Inkqulelo yezemithi ifundile ukuba ukukhanya kwesondo = ubume bendlela yomthathi. Ubume bendlela yomthathi akusekho. Umgangatho wokukhanya kwesondo usazama ukufumana into eyayisenza lukhanye ngaphambili. Indlela yokukhanya kwesondo endala isekho kodwa ayaziwayo.	Ukudibana okuncinci kokuqala: ukuthandana engacinga yobomi (ukuthinta, ukuvuna, ukubamba) engafunyi ukuba ngumsebenzi. Ukubuyela kwangaphando kweemveliso zokuziva ngendlela entle ngaphandle kwamandla okufanele ukwenza eyona nto. Imvakalelo yokutyaba yobomi ebanda kakhulu apha—ukuxhasa ngokwelaziyo kungabulela.
Ukuzama ukuhlola	Ukubukela iividiyo zokukhala	Yeka ukuhlola. Ukuhlolo yinto

ukuba umsebenzi uphindiphile.	ukuze ubone ukuba intliziyo isaphumayo okanye ukuhlola ngokuqhelekileyo ukuba nawo nawaphi na amanyathelo, kuyenza into enzulu kwindlela esebenzisa umdlandla wokuzolula. Wonke umvuzo wemigulukwane ukhawuleza ukuphindaphinda kwayo.	engxaki, hhayi umboniso womngeni. Ingxinali yokukhathazwa echazwe kukuhlolo yeyona eyenza ukuba ingabuyi kwiimvakalelo zemvelo. Incwadi itshilo: "Gibele ngaphandle kokuzimisela." Iimpawu zokubuya kwemfuno ayidingi ukuba zisetyenziswe ngokukhawuleza.

5.4 — Ukubuyisela Ubuxhwele Obuqinileyo.

I-CENTURION — Ukufunda into engazange ifundiswe — Umxholo ngaphandle kwezithintelo.

I-compendium itshele: "Ukuxhumana kwengqondo kunye nomzimba okwakhona ngobungakanani obuqinileyo kwaye esidlulelweyo bubuchule, kufuneka kufundwe kwakhona ukusuka ekuqaleni. Amanyathelo omlawuli wobudlelwane—ukuba khona emzimbeni, ukumelana nokwenzakala kokubonwa, ukuhlala xa imvakalelo ibalulekile—azange asetyenwe. Ukulibuzwa akuyinto yokubuyela kwakhona. Yintlangano entsha."

Inkqulelo ezenzelwe ukusetyenziswa ekubuyiseni ubudade obuqinile ngexesha lokulazwa kwi-chemsex.

- Iinyanga ezisi-1 ukuya kwezi-3 (ixesha lokungabi nanto): akukho xabiso lokuba ubambe kwaye uphimisise umdla kwiimvakalelo zombane. Nikitshiselwe intliziyo yokufumana ukubumbana kwemihla nganye engabonakali—ukuthinta, ubushushu, ukuphantsi komntu othenjiweyo. Inkqubo yezinto ezisetyenziswa kumzimba ifunda ukuba imizimba ingaba esondelene ngaphandle kokusetyenziswa kwezinto ezinokutshintsha imiba. Oku kukufundwa kwengqondo, hhayi into ekhethekileyo yokuphulukisa.
- Ekuphelilenye ezi zinyanga (xesha elithi ufuna ukuba nomdla): qala ngemikhwa yobudlelwane encinci kwaye engunyanimbali. Akuyona into yokuzonwabisa nabanye abantu, okwathi kwakubekho iintsuku ezininzi njengoko yayiyinto ye-chemsex — oku kungaba umgca wokugcina kamva, ukuba kukholelwa ukuba kuyinxenye yobomi bakho sex, kwaye kufakelwe isiseko esinzulu. Qala ngento ekubanga umzimba wakho onamandla ukuyenza ngaphandle kokuba uthinteke.
- Ukuziphakamisa ngokwezinto: kubantu abaninzi ekuhlazeni kwemithi, ikakhulu labo bantu abasetyhile imithi ukufumana amava ezentsebenzisweni ezibalulekile okanye ezibangela ukuziphakamisa, ukubuyela kwiimpilo ezintle kubalaphuzele ukuziphakamisa. Oku akuyi bubungqina bokuba ufuna into eyenzekayo ayilungile. Yobungqina bokuba ukuziphakamisa bekukho ngaphambi kokusetyiswa kwemithi, kwaye kufuneka kunikezwe unyango

olufanelekileyo. Unyango oluxhasa i-LGBTQ+ yindlela efanelekileyo yokwenza oku.

- Ukuxhasa ukuba umntu azivele ngobomi bakhe: Ukuba umntu utyala i-HIV, nokuba usenze uhlobo olutsha okanye olude, inkqubo yokunyamekela ubomi bakhe kufaka ukuziqhelanisa nemizwa ebanzi efumanekayo kunye nezinto ezibalulekileyo malunga ne-U=U. Umntu ongenanto eyabonakalayo akakwazi ukudlulisa i-HIV. Oku kushintsha indlela umntu aphila ngayo ubomi bakhe ngokubalulekileyo—kumantla abanye, kususela okokuqala kwengxolo ekuyisetyenziso esingcono kunokuba umntu azivele ngobomi bakhe.
- Umonogamu, umonogamanga, kunye nomphakathi woxinwele: ukusebenzisa izinto ezinokuba neengxaki (chemsex) luvame kwikhonkco elithile lomphakathi-oxinwele (iikhilophu, indawo, amanethiwekhi). Ukululama akudingi umonogamu okanye ukunyathela kwezinto ezithile zoxinwele. Kufuna ubudlelwane obuqinile nayo yonke into yomphakathi kunye nezinto ezininzi zoxinwele ezinengcebisa kumntu. Imiphakathi yamaqanda aqinileyo, imiphakathi yoxinwele eqinileyo, kunye neendawo zokululama ezikhokelela ngokucacileko kwi-LGBTQ+ zikhona kwaye zinokufumaneka.

Isahluzo 6 — Uphando lwe-HIV kunye Nolawulo Lwempilo kwiNtsholongwaneni.

I-CENTURION — Iprotocolo 42 Esetyenzisiweyo — Uhlu lwe-Firewall olwabo bantu abathatha inxaxathelo kwi-chemsex.

Iphepha leencwadi elithi "Protocol 42" linikezela ngomkhulu wonke wecandelo lokuthintelo kunye nolunyango lwe-HIV. Le ndawo isebenzisa oku kwiindlela ezikhethekileyo zonyango olusetyenziswa kwezinto ezinokuziphatheza (chemsex).

6.1 — Ukuba Unengqiqima engabonakalisi ukuba unesityholo (HIV).

- PrEP (Ukukhusela ngaphambi kokutsalwa): ukuba awusebenzisi i-PrEP kwaye ubambe yindlela ye-"chemsex," qala ukusebenzisa i-PrEP phambi kokuba uphinde wenze nayiphi na into eyomile. Incwadi ibiza oku "i-'Pre-Execution Firewall'." I-Truvada ne-Descovy (ezithatyelwa ngomlomo kancane) kunye ne-Apretude (eyisikhwama, isetyenziswa rhoqo emabini) zonke zibonelela ngokukhuselwe okungaphezu kwe-99% ukusuka kwi-HIV xa zisetyenziswa ngonamandla. Zifumaneka kwidokotela yakho, kwivenkile yezempilo, okanye kwiservice ye-HIV.
- I-PEP (i-Prophylaxis emva kokuveliswa): ukuba unokungabi nakubandakanywa yi-HIV ngexesha le-chemsex, qala i-PEP zingama-72 eeyure. Yindlela yokwelapha yemihla engamawisi-mfethu. Ukuba uqala ngokushesha, kunyuselo kwiipropothethi. Buze kwikliniki yezempilo okanye kwindawo yokunakekelwa yeengxaki zokuziphatha.
- Ukuvavanywa rhoqo lwe-HIV: kanye kwesiqingatha seminyaka ngelixa unexesha lokuxhoba. Uhlolelo lwesithathu lobubanzi lungathintela i-HIV nangokukhawulelwe kangangemihla engama-18 ukuya kuma-45 emva kokuba kungekho. Ixesha elingabonakali lehlolelo elidala alifani nexesha elingabonakali lehlolelo lanamhlanje.
- Uphando lweHepatitis C: ukuba usebenzisa amanzi ngendlela eyomilekileyo (ukusetyenziswa kwezinto ezinamandla) bekuyinxalenye yendlela oyenza ngayo i-chemsex, kufuneka uhloliselwe ngeHepatitis C rhoqo kamazwe mbini. I-Hepatitis C inokunyamekwa. Izityalo ezilawulayo zokupholisa izifo (ama-antivirals) zenze ukuba kunyamekwe kwiintsuku eziyi-8 ukuya kweziyi-12 kumanyathelo amaninzi. Ukuhloliselwa nokunyamekwa akuyenzakaliswa. Ukufumana le nto ingabonakalisi.

6.2 — Ukuba Unokugqitywa Kwe-HIV.

Inkqulelo yencwadi: "Umntu onobungozi be-HIV kunye nomthamo wemithi ophantsi akwazi ukudlulisela. Igciwane likhona, kodwa likhulisiwe kwaye alukwazi ukudluliselwa." U=U ayiyona inkqubo yokunciphisa ingozi. Yiyo nayiphi na into

yenkcubeko echongiweyo eyayiveliswa yiinkqubo ze-PARTNER kunye ne-PARTNER2 ezibandakanya amakhulu abantu abahlukileyo ngexesha elide.

- Ukuba uthiwe ngokuqala ukugula nge-HIV: xelela ummeli wezifo ze-HIV okanye uhlale kwivenkile yezifo ze-HIV ngokukhawuleza. Kunconywa kakhulu ukuqalisa ukwelashwa ngexesha elithile emva kokuba uthiwe ugula. Ukwelashwa kukupilisi olulodwa olunye ongaluthatha kancinane nsuku zonke kubantu abaninzi. Abantu abaninzi abanelishwa baphila ubomi obuqhelekileyo.
- Ukuba sele uthiwe kunye kwaye uphilile ngokusetyenziswa kweengcebisi: qiniseka ukuba i-viral load yakho ingenanto phambi kokubuyela kumalungiselelo ezentsebenziswana ephantsi. Ukuba i-viral load ayithatywananga— oku kuyinto ebalulekileyo yezempilo. Thetha nomhlinzi wakho oza kukunceda ngokuphiliswa mayelana nesizathu sokuba kuthiwe ukuthatyiswa kwe-viral load akufikelelwa.
- Chemsex kunyanzelisa ukuthobela imithi yokupholisa i-HIV kakhulu. Ukulahlekelwa ngamathampu emithini—ngaphandle kokuba kube rhoqo—kunokubangaza ukwandiswa kwevireshi. Ukuba i-chemsex ibangelela ukuba ungathobeli imithi yakho ye-HIV, oku kuyinxenye yengxoxo oyenzayo nomdokotela wakho we-HIV malunga nemithi eyomileyo enyangekelwa ngokusetyaziswa (Cabenuva, nyanga zonke okanye rhoqo kamnene) ekunyanzelela ukuba uthobele imithi kuyo yonke into.
- Impilo yengqondo kunye ne-HIV: Ukufumana ukuba unembughayi we-HIV, ngakumbi kwindlela yokuziphilisa enokuba neengozi (chemsex), kubanga umthamo omandla kakhulu wengqondo—ukutyaba, intlungu, nokwesaba—ekufuneka uncedwe. Ukuncameliso lwentlalo yengqondo eliqinisekileyo kumalungu e-LGBTQ+ kuyindlela efanelekileyo. Abantu abaninzi abaphilayo ne-HIV baye bathi ukwelashwa kunye noU=U batshintshe kwaye badlulise ubudlelwane babo nomanyano lwabo ngokuphimiselo, kusuka kwinto engumngama ukuya kumanyano olawulwayo. Lo tshintsho ufumaneka kwaye uqinisekileyo.

Isahluzo 7 — Inqubomane ye-Chemsex — Ukuyiqonda kwaye ukuyeka.

I-CENTURION — Inqubela ingumgca omhle wonke umbuso, hhayi nayiphi na into eyodwa.

Ukukhwela kwemfama yexesha lokusebenzisa izinto ezinokutshisa umthambo kwahlukile kumikhwela yeenzinto ezilodwa kuba into ekhethekileyo yokukhwela ayiyonto eyayityala—yinkqubo. Ukukhwela kungafuni nto leyo, kodwa kufuna ukuba kwenzelwe ngokuqikelelweyo: ubudlebe bokuzonwabisa, ukuntula, ubuhlobo bomntu, umvuzo wokuba neqiniso lokuba ungowena, ixesha (okanye imihla) eyayikhona ngaphandle kwexesha elingavamile.

Oko ukuba intloko yemfama yezinto ezinamandla inokukho efanayo, kodwa iyeleliwe ngento enye kuphela. Inokubangelwa kukuvuselelekiswa kwengcebo (isikhumbuzo sendalo = isikhumbuzo semfama). Inokubangelwa ukuba umntu ukhululekile (umsebenzi wokufana). Ngophrogram nganye okanye kwiplatifomu. Ngesithuba esithile selanga. Ngenxa yokudibana (umsebenzi wokukhoshelwa). Nguphondo oluthile labantu. Ngingenkumbulo yabantu abathile.

Iimpawu ezibangela ulwimi oluxhomekeke kwiimveliso zemichiza.

Ukukhuthaza.	Yintoni intlalo efuna.	Ndingayenza njani?
Ukukhanya kwesondo.	Ingqondo efunda ukuba ukukhanya kwengxiba kunento ekudityaniswe nayo nokusetyenziswa kwezinto ezinomthathi (chemsex) iya kusebenza umgca wokucinga omtsha xa kukho ukukhanya kwengxiba. Inqumwiso yile ndlela yonke into eyayixhutywa ngayo ukukhanya kwengxiba ngaphambili.	Ukukhanya kwesondo kunokuba yinto enzulu. Umdla wokusebenzisa iziphumo zemichiza luyinto efundiswa, kodwa ayidingeki. Yenza umsebenzi onamandla. Xele umntu osebenzayo kwiiprogram zonyango. Ukukhanya kwesondo kuya kuyaphela ngaphandle kokuba kufuneke ukusebenzisa iziphumo zemichiza ukuze kuthiwe. "I-flatline" ithetha ukuba oku kunokuba kunjalo, kodwa kungabonakali ekuqaleni konyango—xakala ukuba ibuyile, iindlela zokuphumla zibalulekile.

I-apps kunye neenkqubo ezidijitaleni.	I-Grindr, i-BBRT, kunye nezinye izicelo zazinengxenye ebalulekileyo ekufunweni kwezikhundi zokusebenzisa amanzi. Le sicelo ngokoqobo luyinto eninye—umjikelo walo, imifanekiso, intixo yokuza yonke le nto ifakela umgca wokusebenzisa amanzi.	Cima i-apps ngokupheleleyo kwiintsuku ezintathu ezingama-90 ubuncinane. Oku akuyona ukuzikhulula ekubeni uyasilelwa—yile ndlela yokutshintsha imveliso (iProtocol 05) njengokunakekelo. Ukuba i-apps yobudlelwano zibuyiselwe kwakhona, kufanele zingabuyiselwe kwakhona ngexesha elingabonakalisi ukubuyisela kwayo kunye nokunyamekela ekuhlazeni kwezinto ezinokuthanda.
NgoMgqibelo/Usuku olulandelayo kusasa (ixesha seseshini).	Ingqondo efundisiwe ukulindela iseshini yokuphuza izinto ezinokutshisa umthambo ngamaxesha athile ngeveki iya kuvelisa umgca wokunxwelwa olungaxhamazwa ngala maxesha, nokuba kude neenyanga emva kokuhlaziywa.	Hlanganisa uhlelo ngalunye oluNgqongqo neMgqibelo ezinyangeni eziyisithathu zokuqalayo kwiindlela zokuzilolonga ezifanelekileyo kunye nezinto ezininzi. Ixesha lokukhuluphala kufuneka lixutywe ngaphambi kokuba ukukhuluphala kuqale. Ungayishiyi imihla enguNgqongqo neMgqibelo ingahlanganisiwe kwaye ungcinga ukuba intliziyo yakho iya kuba namandla okuyenza.
Ubumdlandla kunokuqheba kwengxwashawu.	Ukuzimisela kunye nokuxhumana okwenzelweyo yi-chemsex kwakuyinye iindlela ezibalulekileyo zokuphumeza ummiselo. Ukuba nesizungu sisenza ukuba ufune ngokushesha uluncedo oluya kukhulula isizungu.	Uxhumano. Naxakekile. Umphakelo we-chemsex unikezwe ngendlela ethile—umphakelo wokubuyela kwakhona unikeza ngenye indlela. Iindawo zokubuyela kwakhona ezixhasa i-LGBTQ+, amaqela e-twelve-step aqulunwe ngokukhethekile kuleli qela labantu (i-Crystal Meth Anonymous, i-SMART Recovery), okanye nayiphi na into enye yomphakelo onamandla oqinisekisayo ongenayo imfuneko yokulahla ubungakanikazi.
Ukuxhasa ngenxa yentlungu, ukunyamekela, okanye ubuhlungu bomzwelo.	Inkqubo yokukhoshelwa yokuphuza izinto ezinokutshisa (chemsex) – indlela eyayibonelela ngolunye ulwimi ngexesha lezikhathi zesilingo esikhulu – ithetha ukuba nayiphi na into engakhathaleliyo ingabangela	Iprotocoli 01 (Isicelo) kwiingxaki ezikhulu. Umkhuba wokuphefumla. Ukuxhumana lokunceda. Uphawu olubalulekileyo: ukulungisa ingxaki endleleni kunokuyithoba. Iimiyalelwaneni yokucinga ezenza ukuba

	umnqweno wokukhoshelwa.	uthande iimeko zezemotions ezinzulu yinkqubo ende-ntle kwayo yokuphucula le ngxaki.
Abantu abavela kwiintsapho zokusebenzisa iziphumo zemichiza.	Abantu abathile kwiinyanga zokusebenzisa amanzi kunye neenyawo ezifunyanisiweyo yindlela yokukhuthaza—bakhuthaza yonke le ndlela. Ukuxhumana nabo, ukubabona kumaxwebhu oluntu, okanye ukudlula kwabo kwiiphondo zinokubangela ifuno ekhulu kwaye engqiqweni.	Iindlela zokuvimbela kunye nezokuvala kwiimpapashi zomxhwele zifanelekile njengamanyathelo okukhusela, hhayi ububi. Iprotocol 08 (ubume bomphako) ibhekisa kutshintsho olupheleleyo lwenethiwekhi yoluntu olunemfuneko kwi-chemsex recovery. Ezinye iintetho ezivela kwenethiwekhi ye-chemsex zinokugcinwa kwezimo ezingabonakali ngokuhamba kwexesha—kanina, uninzi awukwazi ukugcinwa ngokuqala kwerhabhu elingunaphilo ngenxa yomngama omkhulu wokuthanda.

I-PROTOCOL YOKUPHAZAMISEZA UKUNQANYWA KWE-CHEMSEX - IMIZUZU EMI-5.

1. Ngalo ndlela, yintoni enye into oyifunayo ngokuphimisela? Ingaba ukukhanya okunzulu? Ukuzingela? Ukwenza izinto ezininzi? Okanye ubudlelwane bomthetho? Ukuba uyazi ukuba yintoni enye ofuna kuyo, ungaphepha ukusetyenziswa.
2. PHUMA KUMNTU OKANYE NGENDAWO ONGAKUYO. Ukuba usendleleni okanye kwi-app yobudlelwane, phuma ngoko nangoko. Ukuba uyodwa ekhaya ngeLwesihlanu entwasahlobo, tshintsha indawo ongumntwini. Ukutshintsha kwindawo yakho, nokuba ngokuphimiselo okanye kwedijithali, yinto yokwenyuka yokuqala.
3. UKHULISA UKUPHUMA KWEMPAWU—IZIKHONDO EZISIXHENXE. Ukunqanywa kwe-chemsex kunemiba emininzi yezinto eziphathekayo ezisebenza ngaxeshana. Izikhondo ezisixhenxe, hhayi ezine, ukuze kusebenze impendulo efanelekileyo ye-parasympathetic.
4. THATHA i-NAC, i-L-THEANINE, kunye ne-MAGNESIUM. Ukuba kukho ubunzima beekhemikhali ebangela ulwimi, kwaye oku kungumxholo onokulungiswa ngokoqobo. Ezi zithathu yizongezelelo ezifanelekileyo kakhulu kuloo mxube womdla ophantsu.
5. IMIDIBANO — NGOKUKHULU UKUXHUMANA NOMPHAKATHI WOKUVUSWA. Akuyona into yokuxhumana nomntu obandakanyekile kwi-chemsex. Akuyona into yokuxhumana nomntu onobungakanani obungaluthandi, kodwa ongazi ukufundisa ngokuphilisayo. Umntu ovela kwikholeji le-Crystal Meth Anonymous, umsebenzi wezempilo yengqondo, umsebenzi wokuvuswa owaziyo eli phakathi, okanye ugqwetha onolwazi lwe-chemsex.

6. Yenza into ekukhuthazayo kunokuba yinto encinci. Yinto enobunzima obuqinileyo—ubunzima obufanayo nomandla obibekwa yi-chemsex. Ukuqeqeshwa okunobuqilima, ukungena kumatyala abandayo, umsebenzi oqulunqwe, kwaye imidlalo yokuncintsalela. Ingcebo yengqondo "yeWarrior" ifuna impendulo enobunzima be-Warrior, hhayi into encinci.
7. Yintoni eyenza ukuba yenzeke? Yeyiphi into yayifuna ukuyenza? Uyenze ntoni? Intuthuzo yokunqanywa yahlala njani? Emva kweeviki ezintathu, olu data luza kudalula uhlobo lwakho olunye lokunqanywa—iindlela, izinto ezenza ukuba ufune into, neenjongo—ngokucacileyo kangangoko ukuba umntu ngaphandle akakwazi.

Isahluzo 8 — Umphakathi, Ubuntu, kunye noHlelo lokuZinzilela.

I-CENTURION — Ukubuyela ebuntwini akufuneki ukuba kukucele ukuthi ushiye umphakathi wakho — kufuneka kwenze ubomi obutsha ngaphakathi kuko.

Umsebenzi obalulekileyo kwi-arkhithekcha yokululama ekusetyenweni kwezinto ezinomthetho (chemsex) ngokuba: umgca we-chemsex unikezweko lomphakathi, ubuhlobo, ukubonakala kobuqili, nobudlelwane obuqinile kunye nezinto ezisetyenziswa. Ukususa lezi zinto ngaphandle kokulungisa isebenza lomphakathi kubangela ukwahlukana—kwaye ukwahlukana yindawo apho ukuphindaphindiweko kufuneka kutholakale khona ngokuthembekileyo.

Ukubuyela kwempilo emva kokusetyenziswa kwezinto ezinomdla kwi-chemsex akufuneki ukuba umntu ashiyi umphakathi wamaGey, wabaxhoba, okanye abantu abanobunzima. Akufuneki ukuba umntu abe ngumntu ongenasexwale. Akufuneki ukuba umntu ashiyi ubungakanikazi bakhe okanye iindlela zokuziphakamisa eziyayifaneleka kumntu ngaphambi kokuba uqalise le ndlela yayo yokusetyenziswa kwezinto. Kufuneka ukuba umntu akwakhe inkqubo entsha yomphakathi enobunzulu, echukumiswe kukuba ingabonakalisi ukusetyenziswa kwezinto—ukuzimisela, ukuxhumana, intetho yesexwale, kunye nolwazi lokuba ngumntu opheleleyo—ngeendlela ezingasetyenzisi lezi zinto.

Ukubakala Komphulo oPhezisa we-LGBTQ+.

- ICrystal Meth Anonymous (CMA): ikakhulukile kwiimfundiso zabantu abathintelwa, kunye nabanye abathintelekanga, abathi bafumene inkohlakalo ngomthwalo we-meth, kwaye inokusetyenziswa kwiidolophu ezinkulu. Ulwazi olunjalo lobudlelwane obuqinileyo bomtyalo womntu buza kwenza ukuba kube lula ukuyiqonda le nto enokungabi nanto ekufunweniweyo kumakhaya okulibuzwa ngolawulo lokubuyela emva.
- IMihlangano ye-SMART Recovery LGBTQ+: inkqubo ekhethekileyo engomoya kwaye ingumgca omdla kumalungiselelo asezinyunyuzelweni ezintathu, kunye nokwandiswa kweendibini ezikhethekileyo ze-LGBTQ+.
- Iinkonzo zokuxhasa ezikhethekileyo kwi-chemsex: e-UK, izikhungo ezininzi zezempilo yengqondo kunye ne-HIV zinikezela ngezixhaso ezikhethekileyo malunga ne-chemsex. E-US, izikhungo ezifana neSan Francisco AIDS Foundation, i-CALLEN-LORDE Community Health Center (eNew York), kunye nezikhungo ezininzi zokunakekelwa kwe-HIV zinikezela ngocingo olufundisiweyo malunga ne-chemsex. Umbhali wengqondo ofundiswe nge-chemsex yinkqubo ebalulekileyo kwi-recovery.
- Iindawo zokuzonwabisa ezisemgangeni we-LGBTQ+ ezingenzi ukusetyenziswa kweziyosi: amabhara angenzi ukusetyenziswa kweziyosi, iimeko yomenziweyo kwiimvakalelo ye-Pride, iiligi zemidlalo ye-LGBTQ+, iziko lephondo, amathuba okuzithandela. Ingxowa yomntu ephilayo kumphakathi ayidingi ukusetyenziswa kweziyosi ukuze ibe khona—kodwa

inguqulo engenzi ukusetyenziswa kweziyosi ifuna ukwakhiwa ngokucwangcisiwe kuba imile kakhulu kunenguqulo ekujongene nayo esetyenziswa kuzo.

- Umphakelo wophuhliso njengokuzingela kwezinto eziphilayo: abantu abaninzi ekuhlaleni kwempumelelo yokuphumla kwi-chemsex bathola umphakelo wabo oqinileyo kubanye abantu abaqonda kokubili ulwazi oluthile lwe-chemsex kunye nothotho oluthile lokuphelisa. Ulwazi olunjalo -- ngendlela imithi eyenziwa ngayo, intengo yayo, indlela yokwakhela kwakhona -- lendala uhlobo lobuhlobo abangakwenza mntla womphako wabasebenzisi okanye iindawo ezijongene nophuhliso.

Iimbubano zokuziqhenya.

I-CENTURION — Ukuba ngubani na, akuyona into oyayenzayo.

Ukubuyela kwempilo kwiintsapho zokusebenzisa izitya ezifakelweyo (chemsex) kuninzi ngexesha lwesiphakamiso somntu: "Ndingumntu ongafuneki ukuba ndiye kwiinkenketho, ngubani ke?" Kubantu abazukileyo kwaye abathuthuka ngokuyoyisa kwabo ngokuphuma kwezitya ezifakelweyo, ukuzola akubuyisi ubungakanikazi obuqinisekile – kufuneka bakwakhe.

Ipheposi leencwadi: ukubuyela kwempilo akuyi ukususa ubuntu. Ubungakanuka besexwale – ngathi ugayini, obiyini, okwi-queer, okanye olunye—akuyona into eyomilekayo. Ukuba kunxibelelene nomphako akuyonto imithiyi. Ikhono, intliziyo, nokunqwenywa—ezo nto ezazifumaneka kwiingqondo zabantu abathanda ukuzonwabisa ngemithiyi—azo akunanto eyomilekayo. Yizinto zombuntu ebezikhona phambi kwemithiyi kwaye zisengunxibelelwano lokuphinda zisetyenziswe kwingcebiso engabonakalanga njengokuzonwabisa ngemithiyi.

Ukubuyela kwakhazimla kukwakhiwa kobuqiniso bendawo kunye nomphimbo wobomi ongenayo into ekufuneka kuyo ukusebenzisa izinto ezinokutshabalalisa. Le nkqubo yokwakha ingathatha iminyaka. Akuyi ukuvuka kwendawo oyena, kodwa kukuba uyazi ubunjalo bakho ngaphandle kolwahlulo.

Isahluzo 9 — Ukuhamba kwi-Recovery Kernel: Imaphupha Yakho.

Ukubuyela kwakhona kwi-chemsex yindlela enzima kakhulu kule nqanaba. Imiyalelo nganye yeziyobisi zixhasa iinkcukacha malunga neengxenye ezahlukeneyo. Le ndlela ihambisa ezi nkqubo.

Iphepha.	Iiprothokholi.	Umgaqo omkhulu.	Imiyalelo eziphathelene ne-chemsex: * Ungayenza into enye kuphela. * Yenza izinto ezimbini. * Yenza izinto ezintathu. * Yenza izinto ezine. * Yenza izinto ezinhlanu. * Yenza izinto ezisixhenxe. * Yenza izinto ezisibhozonke. * Yenza izinto ezisikhulu. * Ungayenza into enye kuphela. * Yenza izinto ezimbini. * Yenza izinto ezintathu. * Yenza izinto ezine. * Yenza izinto ezinhlanu. * Yenza izinto ezisixhenxe. * Yenza izinto ezisibhozonke. * Yenza izinto ezisikhulu.
Ngexesha lonyango lokugqiba izinto eziphilayo (imihla engama-0 ukuya kuma-7).	GHB guide (Isahloko 3); Umvelisi wezempilo; Icengcwele yezempilo.	Uphando lokuphathwa kokuphuma kwesityalo esibizwa ngokuba yi-GHB; uvavanyo lwe-HIV/STI; i-PEP ukuba kufanelekile; ukuqalisa kwe-PrEP.	Iintsuku ezimbalwa zokuqala (iiyure ezingama-72) zimiselwe ngolawulo lwesifo esomileyo se-GHB. Yonke into enye ilandelayo emva kokuba ingozi yezempilo ebukhali kakhulu ibekwe phantsi. Ukuhlazwa kwe-HIV/STI kwinguqulelo yokubaluleka kwiwekhi yokuqala.
Isisekelo Sobuzwa (Iintsuku ze-1 ukuya kweziyi-14).	Iprotocoli 07, 09, 17, 18; Intambo yezongezo eyahlukeneyo (Isigaba 4).	Iinkampompo ezintathu; utyalo lwayo; ukuthandaza; ukuphumla; i-magnesium. Usuku loku-1.	I-NAC kunye ne-magnesium ngosuku loku-1 – kucetyiswa ukuba uqaliswe zonke iindlela ezintathu ngaxeshana. I-Tyrosine iqalisa usuku lwesithathu ukuya kwesihlanu. I-5-HTP iqalisa ngosuku loku-1 (ekuseni). Umgca wezinto zokunceda zonke iindlela ezintathu uqaliswa phakathi kweveki yoku-1 kunye neyesibini.
Ukuguqulela kweendidi kunye nokutshintsho	Protocol 05, Protocol 08	Cima i-apps; utshintsho lwezenkonzo zokuxhumana; ukususa izinto	I-apps kufuneka zisuswe ngokuqala eentsuku ezintathu. Akukho nto ethi "kamkelo". Uhlelo lweseshini yobutyebi bomswelo lubekwe kakhulu ngeepulatifomu zedijithali

kwakhukhama (imihla eyi-1 ukuya kwi-30).		ezikhuthazayo; ulawulo loxintelo lokuxhumana kwi-chemsex.	—utshintsho lwengalomsindo kufuneka luqulethe ingqiqima yedijithali ngokupheleleyo. Oku kuyinto enzorhabaxa kakhulu ekuguquleni komntu ngamanye amaxesha kwabo abathatha ubutyebi bomswelo.
Ukufakwa kweMapha eJenomi (Iiveki ezili-1 ukuya kwezini-4).	Isahluzo 15 (Incwadi), Isicici 2 salesi gidi.	COMT, GABRA2, MTHFR, DRD2, SLC6A4, CYP2B6.	I-GABRA2 ephetheleleko eliphezulu yinto ebalulekileyo kakhulu eqinisweni lokuba iqela lezokudokotela liphumelele ukulawula ukusetyenziswa kwe-GHB. I-COMT Val/Val ibonisa ubungakanani bomthamo. Ukufunyanwa kwesimo se-MTHFR kuqinisekisa ukuba i-5-MTHF yinto ebalulekileyo. I-SLC6A4 ekufutshwana kwayo ibonisa iprofhayili eyakhulu ye-serotonin, efuna inkxaso enzulu kakhulu kwi-"mephedrone-track".
Impilo yengqondo kunye nolawulo lwe-HIV (kuqhubeka).	Iphrotoqoleyo 42 (Ukuvikelwa kwe-HIV); Isahluko sesi-5 kunye neyesi-6 kule ncwadana; Icwangciso lezempilo yobomi.	Ukuthobela i-PrEP okanye i-ART; uvavanyo lwe-STI rhoqo kwintlanganiso yeekota; ukwakhelwa kabusha yenkcubeko engenzi nto eyingoqi; unyango oluqinileyo.	Uphondo lweempilo yengqinga lusebenza ngalo lonke ixesha lokubuyela kwisimo esihle—ayilona into ekwisikhathi esifikelelweyo kodwa sisiphando esilandelayo. Ukuhlolwa kwezifo zokuzithandathu rhoqo, ukuthobela okuqhubekayo kwi-PrEP okanye i-ART, kunye nokwakhelwa kwakhona kwanamandla osexwale ngendlela engenzi nkqubo yokuphila, ayizinto ezisetyenziswa kuphela ekuqaleni kokubuyela kwisimo esihle.
Ubuchwephesha bomphakelo lomphandle (iweekhi zika-2 ukuya kweziyi-12).	Protocol 04, Protocol 08, Protocol 16; i-CMA okanye into efanayo.	Umphakelo we-LGBTQ+ ophilileyo; inkxaso ebonakalise ulwazi malunga ne-chemsex; ubudlelwane bokunakekelo.	Umphakelo owomileyo womntu kunye nomxholo onamandla olufanele ukutshintsha umphakelo owayenikezelwa yi-chemsex—hayi ngomphakelo ombi okanye ogqithisileyo, kodwa ngumphakelo onobunzulu kunye nothando. Oku kuyiprojekthi ebalulekileyo kakhulu kumaxesha esele kwindlela yokulibuzwa kwe-chemsex, kwaye yeyona echaza ukunyamekela kangakanani impumelelo engunaphakathi.
Ukusetyenziswa kweNkcubeko Yobuzimi Bomntu	Iprotocoli 20, 21, 35S; ukwelashwa okuxhasa i-LGBTQ+.	Ukwakhiwa kobuqili; ukulungisa imvakalelo enguqu, ukukhula kwebuhlobo bendlu	Iphrotoqolyo 35S ekuchongi kwe-VII yencwadi esikhulu (Compendium) ibeka umgca omkhulu wemigomo yokufezwa kwesi sixeko. Umbhali wezinto

(iinyanga ezili-2 ukuya kwi-12).		entle; "iflatline" kunye nokuxazululwa kwalo.	eziphilayo onamakhono kwiinkcubu zabantu abathobeke kumaxesha kunye nabafundisiwe kwi-chemsex ngumxhumanisi obalulekileyo kuloo ngcinga.
Umdlalo omde (iinyanga eziyi-6 okanye ngaphezulu).	Protocol 24, 25, C-28, C-31; Protocol 35S.d	Ubume bendawo yobuntlalo obuqinileyo kwi-Warrior; ummiselo; impendulo epheleleyo yokuziphatha ngokungenazinto, ubudlelwane, kunye nobomi.	Umntu othe tyelele impilo yakhe emva kwe-chemsex—onobomi obuqinileyo, amandla okuzithandabisa ngendlela ehlalela, ubunzima obufanele ingqondo yakhe, impilo ye-HIV elawulwayo, kunye nokuphucuka kwabo bonke amanqobo omzimba—ngumntu ohlukile ngokupheleleyo kumntu owafika ekutshini lokuqala kule nkqubo. Le ncwadi yayibhaliwe amaxesha angenziwa kulomntu.

Iphelele.

I-CENTURION – Umphakelo, Ubudlelwane, Nobunzima – Ezi zinto zibalulekile. Indlela yokufumana ezi nto ayidingi izityalo.

Inkqulelo yencwadi ithobele kuJ.P., A.C., J.S., G.F., kunye no-C.O. – abantu abaye bawile ngexesha elide phambi kokuba nabonwe ukuba into eyenza ukuba bafune izinto ezinokuziphilisa ayizona inkohlakalo, kodwa ubunzulu bomzimba. Kwiinkampani zonyango lwezinto ezisophako, le nkqulelo ibalulekile: intsholongolo eyayithinta iimfundiso ze-LGBTQ+ kwixesha lama-1980 nama-1990 yabaluleka kakhulu kwaye isenokubonakala namhlanje. Izinto ezisophako eziyayisetyenziswa kwezo zihlahla ayizange zifike ngaphandle kokuba neengxaki. Zafika kwimeko yokulahlekelwa, yentsholomane, yobunzulu, kunye nokuntetho engqangqo eyayenza ukuba abantu baphoswe kukuhlukahluka okukhoyo.

I-Recovery Kernel ayikufuneli ukuba uzibule ngokuphila kwakho okanye ukunciphise into eyayikhokelelwa yimithi. Imithi yayinikezela ngezinto ezibalulekileyo—umntirhi, uxhumano, ubudlelwane, inkululeko yobomi sexual, uqabiso, umvuzo wokuba uphilile kwaye ufune kakhulu kwihlabathi elayithethile kumphakelo wakho ukuba luyanyanzelekile kwaye lungabonakalisi.

Into ekubonelelweyo yi-Recovery Kernel yithuba lokuba yonke loo nto enzulu ibekhona ngaphandle kwezinto ezinomthetho. Ukuba ukuzimisela kukhoyo kumphakathi ongabizi. Ukuba ubudlelwane bukhoyo kubudlelwane obuqinileyo. Ukuba umdla ukhona ekukwazi kwendlela yobuntwana waseWarrior ngokwendalo. Ukuba inkululeko yombuxa ibekhona—ngokupheleleyo, ngokuqinisekileyo, nangendlela ehlala ixesha elide—kubuxa obuqinileyo olusekelwe kwinto oyiyo ngokwenene kunoko into imithi eyenza ngexesha elifumayo.

I-“chemsex trinity” yayisakhiwo. Yayinyango yezinto ezifasiselwa eyenzelwe ukudala iimeko ethile. Ukulibuzwa kukwakha inkqubo ehlukeneyo ekwenza oku—ngezindlela ezingaliphatisi umonakalo kwi-dopamine system, eziphazamisa i-GABA system, okanye ezimangalisa umzimba.

I-compendium yenzelwe ngumdlaleli. Inikezelwa kuwe njengokusetyenziswa kwezikhokelo zobunjinijelwane. Iyona ileyondlu oyayenza.

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Crystal Meth Anonymous (CMA): crystalmeth.org | SAMHSA: 1-800-662-4357
Never Use Alone: 1-800-484-3731 | RAINN: 1-800-656-4673 | LGBTQ+ Crisis: The Trevor Project: 1-866-488-7386

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

Bhekisana ne-Recovery Kernel Complete Centurion Compendium ukuze ufumane yonke imithetho echaziweyo.

⚠ **IYUNGI YOKUNCIPHISA UMNGENI – AYIZUKO UCEKO LWEMEDYICALI.**

Unjani ukubuyela kwakhona kwi-chemsex usebenzisa i-Recovery Kernel | Uchungechunge lokuqondiswa oluxhomekeke kwiinto ethile.